VANCOUVER
metro®
Tuesday, February 14, 2012
www.metronews.ca
News worth sharing.

An open invitation to travellers. See inside for more.

An open invitation to travellers:

Now that's not business as usual.

Dear Guest:

When the thousands of people who care for you also own the airline it makes a tangible difference in the way you get treated. We have a stake in your satisfaction.

It's why we put a welcome mat at every jet door.

It's why we call you a guest, and help you feel like a guest.

It's why we reward you with dollars you can actually use in a rewards program you can actually understand.

It's why we are ready to earn your business one flight at a time.

It's why we are an airline you can trust.

Try us and see why WestJet is definitely not business as usual.

Yours sincerely,

WESTJET

LUNCH RUSH
WARM UP WITH SOUP, QUICHE AT TRAFIQ
{page 22}

LOVE IN IRAQI AIR
BAGHDAD GOES RED FOR VALENTINE'S DAY
{page 15}

MODEL INSPIRATION
BOMER HELPS RICE BRING WEREWOLF NOVEL TO LIFE {page 18}

VANCOUVER metro®

Tuesday, February 14, 2012
www.metronews.ca

News worth sharing.

Police. Hunt

▶ Insp. Les Yeo of the Integrated Riot Investigation Team, is seen Monday holding a five-pound brick identical to the one that struck a police officer's head during the Stanley Cup riot.

KENDRA WONG/FOR METRO

Brick-hurling riot suspect sought

The Vancouver Police Department is on the hunt for a suspect who police believe threw a brick at Const. Mike Laurin as he tried to protect the Sport Chek on Howe Street on June 15. Laurin needed 14 stitches and suffered a serious concussion. Story, page 6.

Canucks edge Coyotes in shootout

Ryan Kesler scores winning goal to seal 2-1 victory against Phoenix {page 43}

Proceed cautiously on V-Day

You forgot what today is? Then avoid these last-minute gift ideas at all costs {page 8}

Vigilantes take aim at bike bandits

Vancouver-based web series To Catch a Bike Thief set for debut in April {page 3}

Gay slur in tweet lands Whitecap in trouble

Lee Nguyen expressed 'absolute regret' over incident, club president says

[redacted]

Lee Nguyen has been put on notice after his use of a homophobic slur in an ill-conceived tweet got him in hot water.

The American winger was tweeting with goalkeeper Brad Knighton Monday when he jokingly called him a "fagggggggg" over Twitter.

He followed up by tweeting "haha jk jk guyssss #butthurt for sure. BFF for life."

The comments sparked controversy as several fans called him out and expressed disappointment.

Nguyen, 25, deleted the tweets and offered several apologies.

"I truly apologize. I didnt want to hurt or disrespect anyone. Theres no excuse for that," he tweeted.

Whitecaps president Bob Lenarduzzi told Metro that the club contacted Nguyen to strongly condemn his comments, but it would not take any further disciplinary action.

"We let him know that it was something we never want to see again," said Lenarduzzi.

He said he's seen the sport come a long way since his playing days, and that the Whitecaps don't tolerate any homophobia.

In fact, captain Jay DeMerit is listed as a "soccer ally" for the Gay 4 Soccer organization, promoting fairness and equality in the sport.

Gay 4 Soccer's Chris Billing said Nguyen reached out directly to the organization after his comments to apologize and offer his support.

"He was very sincere. I know his intent wasn't to hurt anyone," said Billing. "There's a bigger lesson to learn here. It's an unacceptable word. Unfortunately, homophobic language is still part of sport culture. It's something we're trying to stomp out."

After a 10-day camp in Arizona, the Whitecaps return to training in Vancouver on Tuesday.

Lenarduzzi said the club will take the opportunity to review online conduct with players.

Major League Soccer is known for its liberal use of social media compared to other pro leagues.

The Whitecaps have no intention of clamping down on players' freedom to tweet and interact with fans, as long as they act respectably.

"We love the fact (players are on Twitter)," said Lenarduzzi. "We're unique in that regard and fans feel like they're on the inside."

MATT KIELTYKA

All you need is Dove®

Happy Valentine's Day

Judge bans cameras for rioter's sentencing

MATT KIELTYKA
@METRONEWS.CA

The sentencing of convicted rioter Ryan Dickinson won't be broadcast, a provincial court judge ruled.

The attorney general's office hoped Dickinson's sentencing hearing Tuesday would happen in front of cameras but Justice Malcolm McLean dismissed the application on Monday.

McLean said there are too many outstanding issues — from technology and logistics to safety of prosecutors and judges to the right to a fair trial — that need answering before the hearing, and the judge was not prepared to delay the case.

But the judge left the door open to future applications in other riot cases.

"I am not deciding whether broadcasting proceedings in the provincial court in any particular case, including any future riot-related cases, is appropriate or not," McLean said.

Criminal Justice Branch spokesperson Neil MacKenzie said the government might still push for cameras in the courtroom in future riot-related proceedings.

"We'll take into account the judge's comments in this application before proceeding forward with future applications," he said.

Dickinson will be the first person sentenced in relation to the June 15 riot.

▶ Ingo Lou, producer of the web series To Catch a Bike Thief, and Kirsten Aubrey, the series' director, pose with a bait bike in Yaletown on Monday.

Bike vigilantes pedal way towards success

▶ Vancouver-based web series To Catch a Bike Thief to be released in April ▶ Team is hoping to reform bike thieves

KENDRA WONG
VANCOUVER@METRONEWS.CA

A band of bicycle vigilantes, minus the spandex and capes, are fighting back in the battle against bike theft in a new Vancouver-based web series that uses bait bikes to lure and catch thieves.

To Catch a Bike Thief features a team tracking down and confronting bike thieves with GPS-installed bait bikes.

"We're trying to create a web series that provides education, entertainment and a documentary-style narrative about bike theft in Vancouver," said Ingo Lou, producer of the series. "We want to provide tools, techniques, technologies to cyclists and communities to protect their bikes."

The 10-minute-long pilot episode will be released in April.

The video has become a project of passion, said director Kirsten Aubrey, who estimates the group spent between $5,000 and $6,000 out of their own pockets for the pilot episode.

According to Lou, the trailer has received immense support from the cycling community.

"People are frustrated," he said. "People are thinking, Our bikes are getting stolen. We can't get nice bikes, and we can't lock them up because people will just cut them off."

The trailer for the pilot episode was released on Feb. 2 and has received more than 7,500 YouTube hits.

Plans are in the works to film six more episodes for the first season at a cost of $20,000, which they hope to raise through crowd-sourced funding.

In 2009, more than 1,400 bikes were reportedly stolen in Vancouver.

1 news

A study has revealed that the supply of donated organs has remained relatively flat since 2006. Scan code for the story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at metronews.ca

The U.S. markets have been sizzling in the early days of 2012, so why are retail investors still gloomy? Allan Small explains at metronews.ca/investing

Follow us on Twitter @vancouvermetro

WALK IN HER SHOES
care
She needs to walk an average of 6km a day to keep her family alive. CARE is challenging you to experience what this is like.
Join Walk In Her Shoes.
Starting March 8th, join thousands of Canadians on International Women's Day to empower women and girls to fight global poverty.
Sign up today!
www.care.ca/metro
In partnership with
metro

JENNIFER KWOK/FOR METRO

▶ Marlene George, an organizer with the Women's Memorial March committee, during a protest at West Georgia and Granville streets Monday.

Seeking justice for the missing

DTES women continue to go missing or be murdered ◐ March to push for investigation, raise awareness for protection of indigenous women

JENNIFER KWOK
VANCOUVER@METRONEWS.CA

Supporters of the annual Women's Memorial March rallied downtown Monday to raise awareness around what they describe as a "sham" public inquiry for the missing and murdered women from the Downtown Eastside.

Marlene George, organizer of Women's Memorial March committee, said the committee was left out of the Missing Women Commission of Inquiry last October because of a lack in funding.

"They thought it was too much money back then to investigate a few missing women, so they chose not to fund women's groups," said George. "We're going to continue marching and hold the government accountable for the decisions they make because being able to fund women's groups that do the anti-violence work is crucial."

About 150 supporters held up a string of more than 90 handmade quilts made by members of the DTES community to commemorate missing and murdered women. Each supporter in turn shared their comments and experiences with the victims.

"Give women back our rightful place in society as the matriarchs and decision-makers," George added. "That goes for all cultures and not just First Nations."

Several hundred people are expected at the 21st annual Women's Memorial March, which begins at Main and Hastings streets Tuesday at 1 p.m.

Friends and family members of murdered and missing women will move through DTES, leave flowers and say prayers at each of the sites where women were murdered or went missing.

Finally a Starbucks roast for those who wished we had a roast that tastes like this.
INTRODUCING STARBUCKS®
BLONDE ROAST
The lighter roast perfected.
With over 40 years of experience on our side, we've created a roast that tastes mellow, subtle and delicious. Look for it at Starbucks stores and select grocers.
starbucks.ca/coffee
© 2012 Starbucks Coffee Company. All rights reserved.
NEW
Roasting since 1971.
BLONDE
MEDIUM
DARK

Man with HIV gets 3 years for sex assault

An HIV-positive man who sexually assaulted a 14-year-old boy and had a massive collection of child pornography has been sentenced to three years and three months in prison.

Toronto police targeted 53-year-old Warren Allen in an undercover operation after a tip from the FBI.

The trial heard Allen sent an undercover officer 6,700 images of child pornography, and when police later arrested the man in Vancouver, they seized over 840,000 images.

Allen — who was an RCMP officer 30 years ago — bragged on an Internet chat line about how he and a friend sexually assaulted a 14-year-old boy.

In a decision released today, Justice Sunni Stromberg-Stein of B.C. Supreme Court said Allan pleaded guilty, accepted full responsibility, was remorseful, ashamed and embarrassed.

She sentenced him to 18 months for the sexual assault and a two-year consecutive sentence for distribution of child pornography.

THE CANADIAN PRESS

Students to help museum

Students from Simon Fraser University's archaeology department are heading north this weekend in hopes of salvaging materials from a fire-damaged museum in Chase, B.C.

Fifteen student archaeologists will apply conservation methods learned in class to sift through boxes at the Chase and District Museum, which was heavily damaged by two fires last July, to recover documents, letters and photos that may still be intact.

"These students … are keen to help the community as best they can," said SFU professor Barbara Winter, who will accompany the students.

They will also clean some of the museum's damaged artifact collection, which includes archaeological materials from the Little Shuswap Band.

KENDRA WONG

ROGERS™
authorized dealer

ABBOTSFORD
Clearbrook Plaza
604-556-7702
Seven Oaks Shopping Centre
604-854-1988
West Oaks Mall
604-859-0070
BURNABY
Crystal Mall
604-436-3110
Crystal Mall
604-718-2112
Highgate Village
604-521-3338
Lougheed Mall
604-420-7979
101-3855 Henning Dr.
604-431-2900
Metropolis (Near Bus Loop)
604-433-8000
Metrotown (Near T&T)
604-432-9303
Metropolis
604-430-3903
CHILLIWACK
Cottonwood Mall
604-858-0017
CLOVERDALE
Cloverdale Crossing Mall
778-571-0776
Hillcrest Village
604-576-6360
COQUITLAM
Coquitlam Centre
604-941-6122
H-341 North Rd.
604-939-4777
DELTA
Delta Shoppers Mall
604-592-9199
Bay Side Village
604-943-3602
5180 Ladner Trunk Rd.
604-946-7100
Scottsdale Mall
604-590-9011
LANGLEY
Willowbrook Mall
604-532-9099
Fraser Crossing
Shopping Centre
604-532-0440
Thunderbird Centre
604-881-2050
MAPLE RIDGE
Valley Fair Mall
604-466-1675
Westgate Shopping Mall
604-460-2888
MISSION
Mission Hill Plaza
604-820-0811
NEW WESTMINSTER
Royal City Mall
604-777-9906
NORTH VANCOUVER
Norgate Plaza
604-983-3335
1422 Lonsdale Ave.
604-983-3025
Park & Tilford Mall
604-988-2803
West Lynn Shopping Mall
604-984-8900
RICHMOND
Continental Centre
604-279-8868
Aberdeen Centre
604-279-9187
Richmond Centre
604-273-2203
Lansdowne Mall Centre
604-247-2355
Aberdeen Centre
604-303-8811
110-3031 Beckman Place
604-244-0550
SOUTH SURREY
Semiahmoo Mall
604-536-1010
SQUAMISH
3B-40437 Tantalus Rd.
604-898-3025
SURREY
Khalsa Business Mall
604-572-9955
Guildford Mall
604-951-9399
Central City
604-583-7000
Southpoint Exchange
604-531-2500
Newton Centre
604-599-5522
VANCOUVER
155-139 Keefer St.
604-683-8283
Bentall Centre Mall
604-602-0968
6510 Fraser St.
604-325-6665
Oakridge Mall
604-267-1011
2691 West Broadway
604-736-1813
5759 West Blvd.
604-267-6383
920 Davie St.
604-684-5981
Kingsgate Mall
604-879-1003
103-1807 Burrard St.
604-736-3326
Marketplace Village
604-221-5505
601 Robson St.
604-682-4333
1795 Robson St.
604-605-8290
1093 Robson St.
604-628-1388
148-555 West 12th Ave.
604-876-0888
1022 Mainland St.
604-608-2448
WEST VANCOUVER
Park Royal North
604-921-1488
Park Royal South
604-921-4880
WHISTLER
18-4314 Main St.
604-932-2021

GET THE FAMILY TRULY
unlimited talk & text

AND SAY GOODBYE TO THOSE OTHER CELL PHONE COMPANIES

INTRODUCING UNLIMITED TALK

ULTIMATE UNLIMITED FAMILY PLAN

Add an additional voice and messaging line to your family plan for

$27.97[1] /mo/line
Includes all monthly fees±

- **UNLIMITED** Talk[2]
- **UNLIMITED** Extreme Text Messaging[3]
- **UNLIMITED** Picture & Video Messaging[3]
- **UNLIMITED** Canada-Wide Family Plan Member Calling[4]
- **UNLIMITED** Canada-Wide Calling from your Computer[5]

CALL 1 877 508-1743
CLICK rogers.com/FamilyPlan
VISIT Your local Rogers retail store

There's never been a better time to switch ROGERS™

ROGERS™ authorized dealer · ROGERS plus · WIRELESSWAVE · WIRELESS etc... · COSTCO WHOLESALE · FUTURE SHOP · SONY · booth wireless · BEST BUY · Walmart · THE MOBILE SHOP

Offers available for a limited time only and subject to change without notice. **±Includes the Government Regulatory Recovery Fee which varies by province and ranges from $2.35-$2.97/line/month ($2.35 AB/BC/MB/ON, $2.75 QC, $2.88 NB, $2.97 NL, $2.78 NS, $2.85 PEI, $2.97 SK).** It is applied to help fund fees, costs and other amounts related to federal, provincial and/or municipal mandates, programs and requirements. **It is not a tax or charge the government requires Rogers to collect and is subject to change.** See rogers.com/regulatoryfee for details. A one-time Activation Fee of up to $35 (varies by province) also applies. Where applicable, additional airtime, data, long distance, roaming, options and taxes are extra and billed monthly. Device savings recovery fees and/or service deactivation fee apply according to the terms of your agreement. **1** Minimum of 2 lines required ($95.94/mo for first two Ultimate Unlimited Voice & Messaging Family Plan lines). Each additional Ultimate Unlimited Voice & Messaging Family Plan line $27.97/mo (up to a maximum of 5 lines total). All members on the same account must activate on the same Couples & Family plan. Lines may be added at any time. New lines added require the primary line be renewed for the same period. **2** Local calls only, excluding calls made through Call Forwarding, Video Calling or similar services. **3** Compatible device required. Includes Extreme text/picture/video messages sent from Canada to Canadian wireless number and received texts from anywhere. Sent/received premium texts (alerts, messages related to content and promotions) sent international texts and sent/received Extreme Text picture/video/IM/email (as applicable) while roaming not included and charged at applicable rates. To learn more about Extreme text, go to rogers.com/extremetext. **4** Unlimited Canada-wide calling between same plan members only. **5** Feature available in Manitoba **(Feb. 12, 2012)**. Available with use of the Rogers One Number devices (IP phone or telephone adapter) or web phone only. Compatible computer with internet access required. Not applicable to wireless device usage. Regular local and long distance charges under your Rogers wireless plan apply when using the Rogers One Number service with your wireless device. Includes text/picture/video messages sent from Rogers One Number devices or web phone (as available) to Canadian wireless numbers; incoming messages will be charged as per your wireless plan and current pay-per-use rates (as applicable). Use of the Rogers One Number service may cause you to use additional internet data depending on your internet data usage allowance; internet service charges and overage rates (if applicable) apply in accordance with your Rogers or third-party internet service package. The Rogers One Number service is intended for personal use only, based on a total of 44,640 minutes available in a 31-day month. Subject to the Rogers Terms of Service and Acceptable Use Policy available at rogers.com/terms. See rogersonenumber.ca for details. ©2012

Premier unveils plan for province

Lays out government priorities on seniors' agenda, an anti-bullying campaign and other key issues

Premier Christy Clark has unveiled her plans for the spring legislative session, launching what could be a bumpy ride towards the 2013 provincial election.

The former radio talk show host went back to her roots Monday, spending 90 minutes on private Vancouver radio station CKNW to lay out her government's priorities, including tourism, transportation, technology, mining, agriculture, an anti-bullying campaign, a seniors' agenda and her already-announced job-creation plan.

But Clark's government is also on the hot seat to expedite the removal of the hated harmonized sales tax and resolve the months-long dispute with B.C.'s public-school teachers.

When reporters asked whether her government might move to accelerate the end to the tax sooner than the 2013 date, Clark said to wait for next week's budget.

"I don't want to overstate that, though, because we're in pretty difficult financial times. It's a real stretch to balance this budget."

THE CANADIAN PRESS

Teachers' strike

- Christy Clark wouldn't say whether the government was preparing to legislate the end to the teachers' strike this spring, but added a negotiated settlement appears unlikely.
- "Today, I can say I'm not optimistic because there have been 73 meetings to negotiate and almost no movement from the teachers' union at the table."
- She said the government doesn't have the $2 billion extra the teachers are demanding in a wage increase.

JONATHAN HAYWARD/THE CANADIAN PRESS

▶ Premier Christy Clark pauses for a moment as she takes part in the Bill Good radio program in Vancouver on Monday.

Cops seek suspect who hit officer with 5-pound brick

The Vancouver Police Department is on the hunt for a suspect who threw a five-pound brick at a police officer during the Stanley Cup riot.

On June 15, at around 11 p.m., Const. Mike Laurin of the emergency-response team saw rioters looting a Sport Chek store in the 500 block of Howe Street.

As he approached the store, he was hit in the head with a five-pound brick.

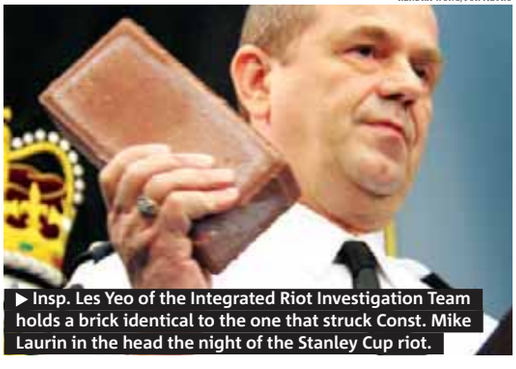
Laurin received 14 stitches, a serious concussion, and was unable to work for three months.

"I know there is somebody out there who can tell us who did this," said Insp. Les Yeo. "They may have been standing next to the person who threw it, or may know the person, or may have heard somebody bragging about (it)."

The Integrated Riot Investigation Team has also recommended 70 criminal charges against 25 suspected rioters, bringing the total to 350 recommended charges against 125 individuals.

The recommended charges are serious criminal offences, including destroying property, looting businesses and assaulting innocent bystanders, Yeo said. KENDRA WONG

KENDRA WONG/FOR METRO



▶ Insp. Les Yeo of the Integrated Riot Investigation Team holds a brick identical to the one that struck Const. Mike Laurin in the head the night of the Stanley Cup riot.

For more local news visit metronews.ca/vancouver

Hard hit

- **Hockey puck.** Const. Mike Laurin was hit in the head with a brick — the force was equivalent to being struck with a hockey puck moving at 120 kilometres an hour.
- **Injury.** Laurin's head injuries were the worst suffered during Stanley Cup riot.

Trial of officer begins in motorcyclist's death

The mother of a young motorcyclist killed in a crash in Delta nearly two and a half years ago says she can't understand why it has taken so long to bring the case to trial.

Judith Hutchinson says the man accused of the crash, RCMP Cpl. Monty Robinson, has collected full pay and benefits since the October 2008 incident.

THE CANADIAN PRESS

Peace River dam review announced

The federal and provincial governments have formally announced a joint environmental review of BC Hydro's plan to build the Site C dam on the Peace River in Northeast B.C.

Provincial Environment Minister Terry Lake originally announced the joint assessment last fall, but it has now been approved by his federal counterpart, Peter Kent. THE CANADIAN PRESS

Two men and pet dog killed in Interior fire

Two men have died in an explosion and fire at a home in Clinton, B.C.

RCMP report the blaze occurred Sunday in the South Cariboo village, which is located about 120 kilometres west of Kamloops.

The officers found both victims inside the home, along with a pet dog, that also died in the incident.

THE CANADIAN PRESS

2012 CRUZE LS

CLASS LEADING SAFETY FEATURES

- IIHS 2012 Top Safety Pick*
- NHTSA Highest Possible Overall Vehicle Score - Five Stars**
- 10 Standard Airbags
- Four-Wheel Anti-Lock Brakes (ABS)
- Power Door Locks with Remote Keyless Entry
- Stabilitrak® Electronic Stability Control
- 6-Speaker Audio System
- 16-inch Wheels

PURCHASE PRICE

$16,595*

INCLUDES FREIGHT & PDI, PLUS: $500 CASH CREDIT♦

OR OWN IT FOR **$113** AT **1.99%** PURCHASE FINANCING BI-WEEKLY/72 MONTHS† WITH **$0** DOWN

BEST-IN-CLASS HIGHWAY FUEL EFFICIENCY

52 MPG HIGHWAY
5.4L/100KM HWY | 8.2L/100KM CITY♦

NO MONTHLY PAYMENTS FOR 6 MONTHS¥ PLUS 0% PURCHASE FINANCING FOR 36 MONTHS††

ON CRUZE AND SONIC

PLUS The GM Card GM CARDHOLDERS GET AN ADDITIONAL $1,000 BONUS^

42 MPG HIGHWAY
6.7L/100KM HWY | 10.1L/100KM CITY♦

2012 ORLANDO LS

THE BEST OVERALL HIGHWAY FUEL EFFICIENCY OF ANY 7-SEATER**

- 6 airbags standard
- Power Door Locks with Remote Keyless Entry
- Four-Wheel Anti-Lock Brakes
- 7 passenger seating
- 6-Speaker Audio System with XM Satellite Radio
- OnStar RemoteLink™ mobile app Remote Start, Unlock and More♥♥

PURCHASE PRICE **$21,490*** INCLUDES FREIGHT & PDI

OR OWN IT FOR **$138** AT **2.49%** PURCHASE FINANCING BI-WEEKLY/72 MONTHS WITH $1,499 DOWN†

2012 SONIC LS SEDAN

CLASS EXCLUSIVE STANDARD BLUETOOTH

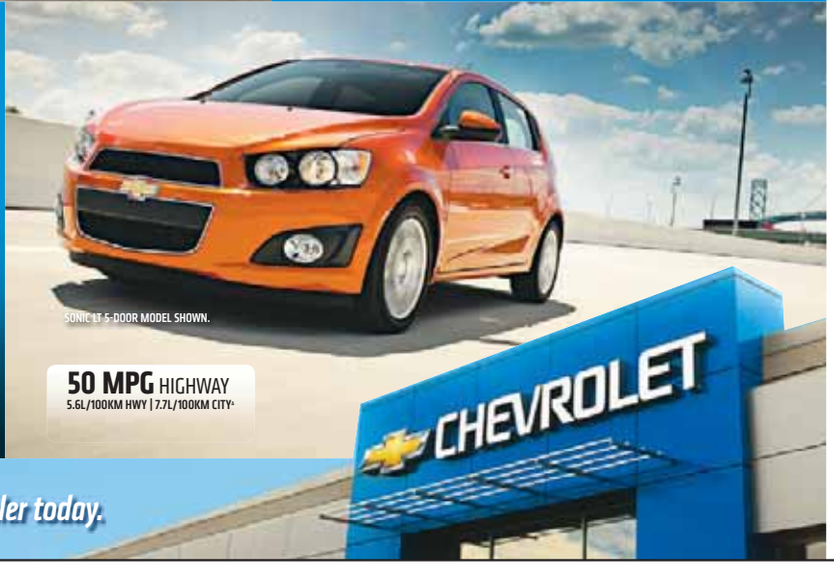
- OnStar RemoteLink™ mobile app Remote Start, Unlock and More♥♥
- Power Door Locks with Remote Keyless Entry
- 6 Airbags standard (10 available)
- StabiliTrak® Electronic Stability Control-System and Traction Control
- Four-wheel Anti-Lock Brakes (ABS)

PURCHASE PRICE

$15,490*

INCLUDES FREIGHT & PDI, PLUS: $500 CASH CREDIT♦

OR OWN IT FOR **$109** AT **2.99%** PURCHASE FINANCING BI-WEEKLY/72 MONTHS† WITH **$0** DOWN



SONIC LT 5-DOOR MODEL SHOWN.

50 MPG HIGHWAY
5.6L/100KM HWY | 7.7L/100KM CITY♦

Come see what's new at your Chevrolet Dealer today.

THE BEST COVERAGE IN CANADA
5 YEARS • POWERTRAIN COMPONENT LIMITED WARRANTY
160,000 KM* • ROADSIDE ASSISTANCE • COURTESY TRANSPORTATION
GM CANADA

TO FIND YOUR BC DEALER AND SEE OUR OFFERS, VISIT:
CHEVROLET.CA

SCAN HERE TO FIND YOURS

ON NOW AT YOUR BC CHEVROLET DEALERS. Chevrolet.ca 1-800-GM-DRIVE. Chevrolet is a brand of General Motors of Canada. *♦‡†¥^Offers apply to the purchase of a 2012 Cruze LS (R7A), 2012 Sonic LS Sedan (R7A), 2012 Orlando LS (R7A) equipped as described. Freight included ($1,495). License, insurance, registration, PPSA, administration fees and taxes not included. Dealers are free to set individual prices. Offer available to retail customers in Canada. See Dealer for details. Limited time offers which may not be combined with other offers and are subject to change without notice. Offers apply to qualified retail customers in the BC Chevrolet Dealer Marketing Association area only. Dealer order or trade may be required. GMCL Ally Credit or TD Financing Services may modify, extend or terminate this offer in whole or in part at any time without notice. Conditions and limits apply. See Chevrolet dealer for details. ♦$500 manufacturer to dealer delivery credit available on 2012 Cruze LS and 2012 Sonic LS Sedan (tax exclusive) for retail customers only. Other cash credits available on most models. See your GM dealer for details. †1.99%/2.49%/2.99%, purchase financing offered on approved credit by TD Financing Services for 72 months on new or demonstrator 2012 Cruze LS/2012 Orlando LS/2012 Sonic LS Sedan. Rates from other lenders will vary. Down payment, trade and/or security deposit may be required. Monthly payment and cost of borrowing will vary depending on amount borrowed and down payment/trade. Example: $10,000 at 1.99%/2.49%/2.99% APR, the monthly payment is $147.46/$149.67/$151.89 for 72 months. Cost of borrowing is $617.16/$775.95/$936.23, total obligation is $10,617.16/$10,775.95/$10,936.23. Freight ($1,495) included. License, insurance, registration, PPSA, applicable taxes and fees not included. Dealers are free to set individual prices. Offers apply to qualified retail customers only. Limited time offer which may not be combined with certain other offers. GMCL may modify, extend or terminate offers in whole or in part at any time without notice. Conditions and limitations apply. See dealer for details. ††0% purchase financing offered on approved credit by TD Financing Services for 36 months on new or demonstrator 2012 Cruze LS. Rates from other lenders will vary. Down payment, trade and/or security deposit may be required. Monthly payment and cost of borrowing will vary depending on amount borrowed and down payment/trade. Example: $10,000 at 0% APR, the monthly payment is $277.78 for 36 months. Cost of borrowing is $0, total obligation is $10,000. ‡‡Limited time offer. Dealer order or trade may be required. Offer available to retail customers in Canada. See Dealer for details. Offer may not be combined with other offers. Offer applies to 2012 Chevrolet Cruze, Orlando, Sonic and Buick Verano and Regal models on approved credit (LA-A) by TD Financing Services. Offer available to retail customers in Canada between January 6, 2012 and February 29, 2012. The first monthly payment will be deferred for 180 days and finance contract will be extended accordingly. No interest accrues on unpaid amounts during the deferral period. After 180 days, interest starts to accrue and the purchaser will repay the principal and interest over the remaining term of the contract. GMCL may modify, extend or terminate this offer, in whole or in part, at any time without notice. Conditions and limitations apply. See newspaper or dealer for details. ^Credit valid towards the purchase or lease of an eligible new 2011 or 2012 model year Chevrolet, GMC, Buick or Cadillac vehicle, excluding Chevrolet Volt, delivered between January 6th 2012 and April 2nd 2012. Customers must present this authorization letter at the time of purchase or lease. All products are subject to availability. See Dealer for eligibility. Only one $1,000 Bonus may be redeemed per purchase/lease vehicle. This offer may not be redeemed for cash. The credit amount is inclusive of any applicable taxes. As part of the transaction, dealer may request documentation and will contact GM to verify eligibility. The $1,000 Bonus is not compatible with the Employee New Vehicle Purchase Program or the Supplier Program New Vehicle Purchase Program. Void where prohibited by law. $1,000 offer is stackable with Cardholder's current GM Card Earnings, subject to Vehicle Redemption Allowances, transferability of Earnings, and other applicable restrictions for all eligible GM vehicles, see your GM Dealer, call the GM Card Redemption Centre at 1-888-446-6232 or visit TheGMCard.ca. Subject to applicable law, GMCL may modify or terminate the Program in whole or in part with or without notice to you. Primary GM Cardholders must be at least the $1,000 Bonus amount in Earnings to be eligible for the $1,000 Bonus. The $1,000 Bonus is not transferable to secondary GM Cardholders. Bonus will be issued in the form of a statement credit. ¥No monthly payments for 6 months on approved credit by TD Financing Services for 72 months on new or demonstrator 2012 Cruze LS/2012 Orlando LS/2012 Sonic LS Sedan. Rates from other lenders will vary. Down payment, trade and/or security deposit may be required. Monthly payment and cost of borrowing will vary depending on amount borrowed and down payment/trade. Example: $10,000 at 0% APR, the monthly payment is $138.89 for 72 months. Cost of borrowing is $0, total obligation is $10,000. ♥♥Requires a compatible smartphone, data plan and OnStar RemoteLink mobile app. Subject to Vehicle Redemption Allowances. For complete GM Card Program Rules, including current Redemption Allowances, transferability of Earnings, and other applicable restrictions for all eligible GM vehicles, see your GM Dealer, call the GM Card Redemption Centre at 1-888-446-6232 or visit TheGMCard.ca. Subject to applicable law, GMCL may modify or terminate the Program in whole or in part with or without notice to you. Primary GM Cardholders must be at least the $1,000 Bonus amount in Earnings to be eligible for the $1,000 Bonus. The $1,000 Bonus is not transferable to secondary GM Cardholders. Bonus will be issued in the form of a statement credit. **2012 Chevrolet Orlando fuel consumption ratings based on GM testing in accordance with approved Transport Canada test methods. Comparison based on fuel consumption ratings published by Natural Resources Canada. Your actual fuel consumption may vary. ♥Based on GM Testing in accordance with approved Transport Canada test methods. Your actual fuel consumption may vary depending on how you drive and maintain your vehicle, driving conditions, the condition of your vehicle and optional equipment. ***2012 Chevrolet Cruze, Orlando, Sonic, Buick Verano, Regal, Cadillac SRX, GMC Terrain, Acadia, Canyon and Chevrolet Silverado 1500 models equipped with OnStar and GPS satellite signals to be available and operating for features to function properly. OnStar acts as a link to existing emergency service providers. Subscription/Service Agreement required. Call 1-888-40NSTAR (1-888-466-7827) or visit onstar.ca for OnStar's Terms and Conditions, Privacy Policy and details and system limitations. Additional information can be found in the OnStar Owner's Guide. ♥♥Requires a compatible smartphone, data plan and OnStar RemoteLink mobile app. Subject to Vehicle Redemption Allowances. For complete GM Card Program Rules, including current Redemption Allowances, transferability of Earnings, and other applicable restrictions for all eligible GM vehicles, see your GM Dealer, call the GM Card Redemption Centre at 1-888-446-6232 or visit TheGMCard.ca. Subject to applicable law, GMCL may modify or terminate the Program in whole or in part with or without notice to you. Primary GM Cardholders must be at least the $1,000 Bonus amount in Earnings to be eligible for the $1,000 Bonus. The $1,000 Bonus is not transferable to secondary GM Cardholders. Bonus will be issued in the form of a statement credit. ‡‡Limited time offer. Dealer order or trade may be required. Offer available to retail customers in Canada. See Dealer for details. Offer may not be combined with other offers. Offer applies to 2012 Chevrolet Cruze, Orlando, Sonic and Buick Verano and Regal models on approved credit (LA-A) by TD Financing Services. Offer available to retail customers in Canada between January 6, 2012 and February 29, 2012. The first monthly payment will be deferred for 180 days and finance contract will be extended accordingly. No interest accrues on unpaid amounts during the deferral period. After 180 days, interest starts to accrue and the purchaser will repay the principal and interest over the remaining term of the contract. GMCL may modify, extend or terminate this offer, in whole or in part at any time without notice. Conditions and limitations apply. See newspaper or dealer for details. ^Credit valid towards the purchase or lease of an eligible new 2011 or 2012 model year Chevrolet, GMC, Buick or Cadillac vehicle, excluding Chevrolet Volt, delivered between January 6th 2012 and April 2nd 2012. Customers must present this authorization letter at the time of purchase or lease. All products are subject to availability. See Dealer for eligibility. Only one $1,000 Bonus may be redeemed per purchase/lease vehicle. This offer may not be redeemed for cash. The credit amount is inclusive of any applicable taxes. As part of the transaction, dealer may request documentation and will contact GM to verify eligibility. The $1,000 Bonus is not compatible with the Employee New Vehicle Purchase Program or the Supplier Program New Vehicle Purchase Program. Void where prohibited by law. $1,000 offer is stackable with Cardholder's current GM Card Earnings, subject to Vehicle

RALPH ORLOWSKI/GETTY IMAGES

▶ Flowers prepared for Valentine's Day.

Feds commit $1M to marine training centre

The federal government is putting up more than $1 million to help support the B.C. shipbuilding industry.

Western Economic Diversification Minister Lynne Yelich says the money is for the construction of a marine training and research centre in Esquimalt, which is also the home of the navy's Pacific fleet.

The announcement comes a few months after the Harper government granted an $8-billion shipbuilding contract to B.C.-based Seaspan Shipyards, which is also contributing money to the new centre.

Seaspan president Brian Carter says the centre will play a major role in training workers for the shipbuilding program and other ship projects.

The centre — which will be managed by the shipbuilding industry — will provide everything from entry-level training and apprenticeship programs to management skills.

The federal government says in addition to funding for the training and research centre, it will help draft a plan for the provincial shipbuilding industry aimed at attracting more domestic and international work. **THE CANADIAN PRESS**

Valentine's heartbreakers

On-the-spot gifts of love are not uncommon Spontaneity can work out Just make sure you follow Metro's five survival tips on what not to do

MATT KIELTYKA
@METRONEWS.CA

You forgot, didn't you?

Today is Valentine's Day and you've suddenly realized that your sweetheart may have nothing to show for it.

Now, last-minute gifts and plans aren't uncommon.

Lots of men do it, and rapidly-approaching-deadline-induced panic can bring out the best in some.

Or they can explode in your face and ruin a perfectly good relationship.

We at Metro don't want to see that happen, so we've compiled a list of surefire disasters that ooze of last-minute desperation.

Consider it a literal survival guide of sorts, and avoid these items at all costs.

The takeout picnic

You've been calling around local restaurants for hours and — surprise, surprise — can't get a reservation to save your life.

Ordering takeout and taking your loved one to a grassy spot overlooking some spectacular vista may sound romantic in your head, but consider this: It's winter, it's dark and it's probably going to rain. Giving your woman a cold while eating soggy sushi won't save your sorry ass.

Skimping on skimpy

Lingerie. Now there's a sexy Feb. 14 go-to that never fails. Better still, most department stores are trying to sell off their leftover naughty Santa skivvies at 90 per cent discounts.

Or you could always head to Costco and pick up a six-pack of panties. Win, win. Except for the fact that successfully buying lingerie for your loved one is an art form — an expensive one at that.

Do you know her size? Can you pick out the styles and fabrics that will make her feel like a million bucks?

If you haven't thought it through already, just stop now. It's too late.

DIY

Maybe you're not the kind of boyfriend to go out and spend obscene amounts of money on your lady.

"If you haven't thought it through already, just stop now. It's too late."

That's fine. Valentine's Day is nothing but a consumer trap anyway. You're the creative type, and she'd much rather have something that comes from the heart.

Handmade gifts are great. Even the cheesy IOU cards can score if it's obvious you've invested a lot of time into making them.

But it's Feb. 14 and clearly you haven't — an IOU on a Post-it note is not a decent substitute.

Freshen up

Everyone loves a person with a sense of humour, right?

When you're all out of romantic ideas it's easy to make the jump to a "funny" Valentine's Day to lighten the mood and salvage the night. Would you care for some pre-makeout breath mints? How about some hot-cinnamon chewing gum? Hell, even throw in a car air freshener.

Just know that you're not getting any back-seat action, because you've clearly gone Valentine's Day shopping at the nearest gas station.

Video-store bargain

Did you forget to buy movie tickets for The Vow ahead of time?

Maybe you just don't think butter-greased fingers and having popcorn stuck in your teeth is a recipe for love.

Snuggling up under a blanket with the lights down and a romantic movie may seem like a great idea. It's not like you've made any dinner plans or anything. Actually ... go with this one in a pinch.

It doesn't sound half bad and you may just be able to swipe a The Notebook/The Time Traveler's Wife DVD combo back for cheap if you hurry.

It might not be your cup of tea but, hey, it's hard to have an awkward conversation when she's sobbing all the way through the kiss.

Say no. To Fur

▶ PETA activists David Shirk and Diana Mendoza cuddle to show love for animals downtown Monday in support of the Rather Go Naked Than Wear Fur campaign.

JENNIFER KWOK/FOR METRO

Baring it for the animals

Tattoo lands man in jail

If you're a criminal, it might not be a good idea to have your name tattooed on your arm.

Police say a man robbed a 7-Eleven store with a knife and afterwards the clerk told investigators the robber had "Aitken" tattooed on his arm, which was confirmed by the video surveillance. Ryan Aitken, 29, was quickly tracked down and arrested. **THE CANADIAN PRESS**

Work back on along bridge

Work has resumed on most of the new Port Mann bridge spanning the Fraser River. Crews returned to two of the three sections of the $3-billion construction project, after a huge crane tilted forward on Friday, dropping a 90-tonne chunk of concrete into the river. A spokesman says the north approach will remain closed for repairs.

THE CANADIAN PRESS

MEMBERS GET

75 MORE REASONS TO LOVE US.

IN-STORE CREDIT
$75
ON SELECT SMARTPHONES

Join us February 9th to 19th to hook up with the smartphone of your dreams. Plus, spread the love even further with **UNLIMITED** Talk & Text, and Canada-Wide Calling with no term contracts.

BlackBerry Curve™ 9360

$0

htc Wildfire S™

$0

LG ECLYPSE™

$49.99

+ EXCLUSIVE MEMBER ACCESS & DEALS

Disney JOHN CARTER IN THEATRES MARCH 9 | THE BODY SHOP | hotels.com

Virgin mobile

IT'S BETTER TO BE A MEMBER

The Source | Future Shop | Walmart | Best Buy | Best Buy mobile | London Drugs | Visions | Wirelesswave | booth wireless | Wireless etc... | Costco Wholesale | The Mobile Shop

Offer valid from February 9 to 19, 2012. The $75 value gift card and in-store credit is only valid on new activations on the Virgin Mobile SuperTab™ or with a 3-year agreement. BlackBerry 9360 pricing valid on new activations with a 3-year term or on the Virgin Mobile SuperTab™ with a smartphone plan. Taxes are not included. Cannot be combined with any other offers, unless otherwise indicated. Unlimited text & picture messaging is only valid when message is sent from Canada. Canada-Wide Calling is only valid when calls are made from Canada. Some phones and colours may not be available at retailers. See virginmobile.ca for complete details and restrictions. Member Benefits are subject to change and cancellation at any time without notice. The VIRGIN trademark and family of associated marks are owned by Virgin Enterprises Limited and used under licence. All other trademarks are trademarks of Virgin Mobile Canada or trademarks and property of the respective owners. ©2012 Disney.

U.S. and Canada at odds over War of 1812

War less crucial to Americans than to Canadians: Poll
Canada to spend $28M on bicentennial this year

The War of 1812 may be one of the world's oddest conflicts, if only because both sides are confident they won.

A new survey suggests Canadians and Americans have vastly divergent attitudes toward the border war that broke out in 1812 and bumbled along for three years.

Americans see it as a war that produced their national anthem. Canadians see it as a war that saved them from assimilation.

During the war, the Americans repeatedly tried to invade and were repeatedly repulsed by often-outnumbered mixes of British redcoats, Canadian militia and aboriginal allies.

The Ipsos Reid poll conducted for the Historica Dominion Institute for the bicentennial of the war found that 54 per cent of Canadians felt the most significant outcome was that the invaders were turned back.

Americans had a dramatically different take. For a third of them, the outcome was the Star Spangled Banner. Its words were written by Francis Scott Key after watching a British naval bombardment of Baltimore's Fort McHenry in September 1814. A plurality of 36 per cent saw no significant outcome at all.

John Wright of Ipsos Reid said the war doesn't stand out for Americans because they see other, much bigger watersheds.

"The War of Independence is their touchstone for their nationhood," he said. "Ours seems to have been a gradual one."

While some might point to 1812 as a key point on the way to nationhood, others might look at Vimy Ridge, or the patriation of the Constitution.

"This is a touchstone towards Confederation, it's an important part of the story of Canada," he added.

THE CANADIAN PRESS

What we think

- **When defining the Canadian identity,** 53 per cent of poll respondents picked universal health care, while 25 per cent picked winning the War of 1812.
- **If Canada had not won the war,** 60 per cent said they wouldn't want to share the American political system, 18 per cent said they didn't want American gun laws and six per cent said they didn't want to share citizenship with Snooki from Jersey Shore.
- **More than 80 per cent** on both sides of the border agreed that the war was a significant part of the history and about the same agreed it should be commemorated.

DAVE CHIDLEY/THE CANADIAN PRESS

▶ British soldiers fire their muskets at the American forces during a restaging of a War of 1812 skirmish between American and British forces near an actual battle site west of London, Ont., on May 5, 2007. A new survey suggests Canadians and Americans have vastly divergent attitudes toward the border war that broke out in 1812.

MARTIAL TREZZINI/KEYSTONE/THE ASSOCIATED PRESS

▶ Navi Pillay, UN high commissioner for human rights, speaks about Tunisia and Egypt at the UN headquarters in Geneva on Feb. 4.

Crimes against humanity on rise in Syria: Pillay

The UN human rights chief says the scale of abuses by the Syrian government indicates that crimes against humanity have taken place since last March and are continuing.

Navi Pillay told the General Assembly on Monday that credible reports indicate that more than 5,400 people were killed last year, and that the number of dead and injured continues to rise every day.

She expressed serious concern that the deliberate stirring of sectarian tensions may plunge Syria into civil war.

Pillay accused the Syrian government of using the Security Council's recent failure to condemn its crackdown on protesters "to crush dissent with overwhelming force."

She echoed Secretary-General Ban Ki-moon's warning that council inaction must not be used as a licence to kill.

THE ASSOCIATED PRESS

Rebels hold strong in Syria

Syrian rebels repelled a push Monday by government tanks into a central town held by forces fighting President Bashar Assad's regime in an 11-month conflict that looks increasingly like a civil war.

The military pressed its offensive on Rastan a day after the regime rejected Arab League calls for the UN to create a peacekeeping force in Syria and for an end to the violent crackdown on dissent. Damascus called the League initiative "a flagrant interference in (Syria's) internal affairs and an infringement upon national sovereignty."

With diplomatic efforts bogged down, the conflict is resembling a civil war, with army defectors clashing almost daily with soldiers. The rebels have taken control of small swathes of territory in central Homs province, where Rastan is located, and the northwestern province of Idlib, which borders Turkey.

The Britain-based activist group Syrian Observatory for Human Rights said at least three government soldiers were killed in the attempt to storm Rastan, which has been held by the rebels since late January.

Rastan, home to some 50,000 people, was one of the first areas in Syria where people took up arms to fight the regime.

The uprising began last March as mostly peaceful protests against Assad's authoritarian rule, but has become more militarized in the face of the brutal military crackdown.

Assad's bloody crackdown on the opposition has left Syria almost completely isolated internationally, except for one key ally — Russia.

China and Russia outraged the U.S. and many Arab countries earlier this month when they delivered a double veto to block a U.N. Security resolution calling on Assad to leave power.

At the forefront of regional efforts to end the crisis, the 22-nation Arab League called for the Security Council to create a joint Arab-U.N. peacekeeping force and urged Arab states to sever all diplomatic contact with Damascus.

THE ASSOCIATED PRESS

MOHAMMED ZAATARI/THE ASSOCIATED PRESS

▶ Clerics gesture and chant religious slogans during a demonstration against the Syrian regime in Sidon, Lebanon, on Sunday.

The UN says ...

- **More than 5,400 people** were killed last year alone.
- **Tens of thousands,** including children, have been arrested, more than 18,000 are arbitrarily detained and thousands are missing.
- **25,000 people are** estimated to have sought refuge in neighbouring countries, and more than 70,000 are internally displaced.
- **Widespread destruction** of homes, hospitals and schools indicates approval of, or complicity with, the highest authorities.

Troops to leave for Afghanistan

Scheduled rotation sees soldiers leave for Afghanistan to train security forces Will serve eight months overseas

Almost 100 soldiers will depart Canadian Forces Base Gagetown on Monday night for Afghanistan, the start of a wave of troops that will relieve the first rotation of military personnel who have been training the country's security forces since last summer.

The soldiers and their loved ones will assemble at the New Brunswick military base before embarking on a mission aimed at strengthening the ability of the Afghan National Army and Afghan National Police to quell the insurgency.

Around 950 military personnel have been stationed in and around Kabul since July, providing classroom instruction to Afghan soldiers and police while also mentoring medical staff.

Small contingents of Canadian trainers have also been deployed to the cities of Mazar-e-Sharif in the north and Herat in the west, near the border with Iran.

Troops have arrived in the area in rotations and serve an average of eight months in theatre.

One soldier died last fall as part of the training mission, which the federal government initially described as "low risk."

Master Cpl. Byron Greff of the 3rd Battalion Princess Patricia's Canadian Light Infantry was killed when the vehicle he was riding in was struck by a powerful suicide car bomb on Oct. 29.

Lee Windsor, deputy director of the Gregg Centre for the Study of War and Society at the University of New Brunswick, said Canada's sacrifices in Afghanistan have earned troops respect with their Afghan counterparts.

THE CANADIAN PRESS

Lighter. Load

▶ A Canadian soldier with the 1st Battalion, The Royal Canadian Regiment gets ready to join a patrol in the area of Khebari Ghar in the Panjwayi district, south-west of Kandahar, Afghanistan, Thursday, June 3, 2010.

ANJA NIEDRINGHAUS/ THE CANADIAN PRESS

Military in need of new batteries

The Canadian military is seeking out a firm to design a wearable power supply that soldiers can plug their equipment into. As of now, soldiers on patrol lug dozens of batteries, which weigh about 11 pounds, for their night-vision goggles, radios and other electronic gear. The batteries weigh down a soldier's already-heavy burden.

New scandal hits veterans agency

A leading veterans organization says the agency at the centre of the latest privacy scandal involving ex-soldiers should be disbanded.

Canadian Veterans Advocacy is responding to the case of former warrant officer Harold Leduc, who claims his personal medical information and a diagnosis of post-traumatic stress became fodder for gossip and innuendo around the Veterans Review and Appeal Board.

Mike Blais, the executive director of the advocacy group, says the idea that Leduc was targeted because he often sided with veterans in review decisions brings into question the integrity of the entire board.

He says the board should be dismissed at once.

Both the Liberals and NDP say the Harper government should heed Leduc's advice and call a judicial inquiry into the review board, which has long been a source of complaints from the veterans community.

THE CANADIAN PRESS

comwave Long Distance
Lowest Rate Guarantee
✓ No matter where you call... anywhere in the world
✓ No matter what rate you current pay
Comwave will beat it...
GUARANTEED!
Call your special someone even from your mobile phone
Australia 1¢ Iran 5¢ Romania 1¢
Bangladesh from 3¢ Israel 1¢ Russia from 1¢
Bosnia 13¢ Italy 1¢ South Korea 2¢
China 1¢ Lebanon 7¢ Sri Lanka 9¢
Colombia from 3¢ Mexico from 1¢ Trinidad 4¢
Cuba 89¢ Pakistan 5¢ U.A.E 14¢
El Salvador 9¢ Philippines 11¢ Ukraine 7¢
Germany 1¢ Poland 1¢ U.K 2¢
Unlimited Canada
Unlimited calling to anywhere in Canada
$5 /month
1 Cent to India
1000 Minute bundle only $10/month
1¢ /min
Every Month
30 Minutes
FREE
Long Distance
(To Canada & USA)
1-866-380-6055
comwave
www.comwave.ca

GLOBAL HEALTH

Leprosy concerns WHO

The World Health Organization warned Monday that the battle against the age-old scourge of leprosy is not yet over, with more than 5,000 new cases reported yearly in the Western Pacific, where the disease was declared eliminated in 1991.

WHO regional director Shin Young-soo said the Marshall Islands, Micronesia and Kiribati are three of 37 countries in the region that have failed to meet the target of lowering cases to less than one per 10,000 people, the health body's definition of leprosy elimination.

He cited the example of the Philippines, which was declared largely free of leprosy in 1998 yet still sees some 2,000 new cases recorded yearly.

THE ASSOCIATED PRESS

Santorum takes the lead in two new polls

VERNON BRYANT/ DALLAS MORNING NEWS/THE ASSOCIATED PRESS

▶ Republican presidential candidate and former Pennsylvania senator Rick Santorum speaks to pastors during a meeting in McKinney, Texas, on Wednesday.

Former senator inches ahead of other opponents in Republican race

EVAN VUCCI/THE ASSOCIATED PRESS

▶ Romney

Rick Santorum's hopes of delivering a devastating and potentially fatal blow to Republican presidential front-runner Mitt Romney by trouncing the Michigan native in his home state got a serious shot of adrenalin on Monday.

Two new polls have Santorum well ahead of Romney in Michigan, the state where he was born and raised and where his father, a one-time auto-industry executive, served as governor for six years in the 1960s.

The native son has been sitting comfortably atop the polls in Michigan for months in advance of its primary on Feb. 28. That's apparently changed dramatically since Santorum swept three nominating contests last week in Missouri, Minnesota and Colorado.

An American Research Group poll showed Santorum, a staunchly conservative former Pennsylvania senator, leading Romney 33 per cent to to 27 per cent among likely Republican voters. In a Public Policy Polling survey, Santorum was 15 percentage points ahead of Romney at 39 to 24.

A new Pew Research Center poll also had Santorum inching ahead of Romney nationally. The survey had Santorum with a slight edge over Romney among Republican-leaning voters with 30 per cent of support compared to 28 per cent.

A month ago, Romney was ahead of Santorum by 17 points in a similar Pew poll.

THE ASSOCIATED PRESS

EVAN VUCCI/THE ASSOCIATED PRESS

▶ Gingrich

Gingrich, Paul fall behind

Newt Gingrich and Ron Paul were well behind in the polls, in third and fourth place respectively.

The Public Policy Polling survey suggests a critical factor in Santorum's surge is Gingrich's nosedive in the polls. The anyone-but-Romney forces are rallying behind Santorum, not Gingrich, and the refusal by the former speaker of the House of Representatives to drop out of the race is a gift that keeps on giving for Romney.

The irony is rich given Gingrich's personal loathing of Romney and his stated mission to put a halt to his presidential aspirations.

THE ASSOCIATED PRESS

Officials continue to search for Speed Freak Killers' victims

The search for more human remains in what appears to be a mass grave used by two men known as the Speed Freak Killers was suspended because of rain Monday, a day after authorities unearthed hundreds of bone fragments.

The grisly discoveries were made at an old well in rural Northern California that death-row inmate Wesley Shermantine claimed could hold 10 or more victims from a killing spree during the 1980s and 1990s.

Along with bones, searchers dug out clothes, a purse and jewelry on Sunday. The items were found 13 metres deep in the well on an abandoned cattle ranch, San Joaquin County sheriff's spokesman Deputy Les Garcia said.

Sunday marked the fourth straight day that remains were found with the help of a map prepared by Shermantine, who along with childhood friend Loren Herzog became known as the Speed Freak Killers after their arrests in 1999. The map led to burial locations in San Joaquin and Calaveras counties.

Shermantine was convicted of four murders and sentenced to death.

Herzog was convicted of three murders and sentenced to 77 years to life in prison, though that was later reduced to 14 years. An appeals court tossed his first-degree murder convictions after ruling his confession was illegally obtained.

Herzog was paroled in 2010 to a trailer outside the High Desert State Prison in Susanville. He committed suicide outside that trailer last month after bounty hunter Leonard Padilla told him Shermantine was disclosing the location of the well along with two other locations.

THE ASSOCIATED PRESS

YOUR EXPERIENCE BEGINS AT EXPEDIA CRUISESHIPCENTERS.

JOIN OUR TEAM!

Turn your **passion for travel** into a **career selling cruise.**

We offer: **A FLEXIBLE WORK LIFE**
THE FREEDOM TO TRAVEL
ONGOING EDUCATION & SUPPORT

Expedia cruiseshipcenters

Learn more about how you can
CHANGE YOUR LIFE
AT OUR DISCOVERY NIGHT

6:00-8:00 PM Thursday February 16th
1832 Commercial Drive, Vancouver
RSVP: CommercialDrive@cruiseshipcenters.com
or **604-424-9100**
www.cruiseshipcenters.ca/commercialdrive

DANIELE BADOLATO/LAPRESSE/THE ASSOCIATED PRESS

▶ Victims' relatives react Monday following the verdict of the trial in asbestos-linked deaths in Turin, Italy.

PAIR SENTENCED IN ITALIAN ASBESTOS TRIAL

An Italian court on Monday convicted two men of negligence in some 2,000 asbestos-related deaths blamed on contamination from a construction company, sentencing each of them to 16 years in prison and ordering them to pay millions in what officials called a historic case.

Prosecutors said Jean-Louise de Cartier of Belgium and Stephan Schmidheiny of Switzerland, both key shareholders in the Swiss construction firm Eternit, failed to stop asbestos fibres left over from production of roof coverings and pipes at its northern Italian factories from spreading across the region.

During the trial, which has stretched on since December 2009, some 2,100 deaths or illnesses were blamed on the asbestos fibres. THE ASSOCIATED PRESS

Israel blames Iran for bomb attacks

Israeli diplomats targeted in India, Georgia as nuclear tensions rise 4 people wounded in New Delhi blast

JOJI THOMAS/ECONOMIC TIMES/THE ASSOCIATED PRESS

▶ A car belonging to the Israeli Embassy goes up in flames after an explosion in New Delhi on Monday.

Israel blamed Iran on Monday for bomb attacks on its diplomats' cars in India and Georgia, heightening concerns that the Jewish state was moving closer to striking its archenemy.

Iran denied responsibility for the attacks that appeared to mirror the recent killings of Iranian nuclear scientists that Tehran blamed on Israel.

"Iran is behind these attacks and it is the largest terror exporter in the world," Israeli Prime Minister Benjamin Netanyahu told lawmakers from his Likud Party.

The violence added further tension to one of the globe's most contentious standoffs. Iran has been accused of developing a nuclear-weapons program that Israel says threatens the existence of the Jewish state. Tehran says its nuclear program is for peaceful purposes only.

Comments by Israeli officials in recent weeks have raised fears Israel might be preparing to strike Iranian nuclear facilities. While Israel says it hopes that international sanctions can curb Iran's nuclear program, leaders pointedly note that "all options are on the table," and have warned that as Iran moves closer to weapons capability, time is running out for action.

THE ASSOCIATED PRESS

Separate attacks

- The blast in New Delhi set a car ablaze and injured four people, including an Israeli Embassy driver and a diplomat's wife.
- The device in Georgia was discovered and safely defused.

Trade in your phone and save

fido

FidoTRADE™

Bring us your used phone from any service provider and we'll add $50 to its trade-in[1] value when you activate a new one, like one of these.

FidoTRADE $50 Bonus

Speedy
2011 Fido Casting Call™ winner

LG Optimus 2X
$30 with select 3-year Fido Agreements[2]
You save $395

Motorola RAZR™
$50 ~~$100~~ with select 3-year Fido Agreements[2]
You save $475

Galaxy Nexus
$130 ~~$600~~ with select 3-year Fido Agreements[2]
You save $470

It's time to switch.
Find a store or learn more at fido.ca

Discover the tab-free way

Get the Fido ADVANTAGE™
FidoDOLLARS | FidoANSWERS

Offers are subject to change without notice. A one-time $35 Activation Fee applies; receive a credit for the entire amount of the $35 Activation Fee on your invoice with new activation on a 2- or 3-year Fido Agreement. Device savings recovery fees and/or service deactivation fee apply according to the terms of your agreement. **1.** Limited time offer. Offer available at participating stores to new or existing Fido customers with purchase of a Fido phone on a monthly plan or prepaid service. Subject to FidoTRADE Program Terms & Conditions: **fido.ca/fidotrade**. Limit one trade-in (consisting of one used phone) per person. **2.** With new activation on a 3-year Fido Agreement on plans of $25 or more and eligible Data Add-on ($10/100 MB Add-on excluded). Taxes extra. ™Portions of this page are reproduced from work created and shared by Google and used according to terms described in the Creative Commons 3.0 Attribution License. All other brand names and logos are trademarks of their respective owners. Fido & design, FidoTRADE, Fido ADVANTAGE, FidoDOLLARS and FidoANSWERS are trademarks used by Fido Solutions. © 2012

VLADIMIR GOGIC/THE ASSOCIATED PRESS

▶ A Serbian police helicopter delivers food to sailors stuck on stranded boats on the Danube River near Smederevo, Serbia, on Monday. Heavy snow continues to fall as some 50,000 people remain stranded in snowbound remote areas, some without electricity.

Snowbound in Europe

Military flying in food to villagers trapped by snow, cold temperatures

Military planes and police helicopters flew in tonnes of emergency food to snowbound villages and ships in the Balkans on Monday, after blizzards so fierce that some people had to cut tunnels through four metres of snow to get out of their homes.

Since the end of January, Eastern Europe has been pummeled by a record-breaking cold snap and the heaviest snowfall in recent memory. Hundreds of people, many of them homeless, have died in the bitter cold and tens of thousands have been trapped by blocked roads inside homes with little heat.

Authorities declared a state of emergency Monday in eastern Romania, where 6,000 people have been cut off for days. About a dozen major roads were closed, 300 trains cancelled and more than 1,000 schools shut down.

In addition to the flights, the defence ministry also sent 8,000 soldiers out clearing roads across Romania and helping those trapped by the overwhelming snow.

Emergency officials in Serbia used helicopters to deliver food and evacuate sailors stuck on icebound boats on the Danube river near the town of Smederevo. They also resupplied a Danube island near Pancevo, north of the capital of Belgrade.

Scores of flights across the region were cancelled. The airport in the southern Romanian city of Craiova was closed after a plane carrying 48 people skidded during takeoff Monday and landed in a pile of snow, breaking its propellers.

President Traian Basescu tried to assure Romanians the country has enough energy supplies to prevent shortages but said the government was deciding whether to stop exporting energy, which national energy company Transelectrica wants to do.

THE ASSOCIATED PRESS

VADIM GHIRDA/THE ASSOCIATED PRESS

▶ Elisabeta Dumitrache, 77, pauses while speaking to a television journalist as firefighters dig her house out of the snow in the village of Carligul Mic, Romania.

Don't pay extra for Call Display and Voicemail. Talk about a tag team.
Only from Koodo!
Included in all our new and improved Canada-wide plans.

koodo mobile
Good call
BEST BUY FUTURE SHOP LONDON DRUGS Walmart
koodo shop
Aberdeen Mall
Brentwood Town Centre
Coquitlam Centre
Guildford Town Centre
Lougheed Town Centre
Mayfair Shopping Centre
Metropolis at Metrotown
Oakridge Centre
Orchard Park Shopping Centre
Park Royal Shopping Centre
Richmond Centre
Seven Oaks Shopping Centre

HADI MIZBAN/THE ASSOCIATED PRESS

▶ An Iraqi woman and a girl shop for Valentine's Day gifts in Baghdad.

Bombs give way to love in Iraq

Iraqis embracing love this year, leaving daily struggles behind as they celebrate Valentines Day

Iraq's capital is embracing Valentine's Day this year with a huge public display of affection in what its residents say is the nation's most amorous celebration of the holiday ever.

Street corners across Baghdad are blanketed with the synthetic red fur of teddy bears, while silken nighties and lip-shaped satin pillows hang in store fronts.

It's a vivid counterpoint to a place that's still a far cry from warm and fuzzy — with bombings remaining a fact of life since the withdrawal of U.S. forces two months ago.

"Iraqis need happy moments to make them forget what they have been through — we have had enough sadness."
LINA, SCHOOL ADMINISTRATOR

"Valentine's Day is for everybody — not only for lovers," said Lina, a school administrator who would only identify herself by her first name.

She was among the throngs browsing through an array of plush kittens, scented candles, red lamps and heart-shaped purses outside a store this weekend in the Baghdad downtown shopping district of Karradah.

After decades of war and dictator rule, and with improving security, Iraqis say they are able to relax and enjoy Valentine's this year.

THE ASSOCIATED PRESS

Tossed love relics find new life in museum

DARKO BANDIC/THE ASSOCIATED PRESS

▶ A damaged garden gnome at the Museum of Broken Relationships in Zagreb, Croatia.

What becomes of a garden gnome hurled in fury at a car during a stormy breakup?

Or a teddy bear that was once a Valentine's Day present? A wedding dress from a marriage gone awry? An axe that smashed through household furniture?

All are on display at the Museum of Broken Relationships in the Croatian capital, each with written testimonies telling tales of passion, romance and heartbreak.

On Valentine's Day, the museum sees its visits almost double.

"The objects that are here represent all the stages of a breakup ... and how people go through love," said Drazen Grubisic, a designer and artist who co-founded the museum in 2010 in the Croatian capital.

"We might say it's a love museum, just upside down," he said.

The mementos — collected from all over the world — are random and varied, ranging from fake rubber breasts to a cast from a broken leg. Each item comes with dates and locations of the relationships, and notes by their anonymous donors.

Some are funny. The note next to a garter belt says: "I never put them on. The relationship might have lasted longer if I had."

Some are bitter. The garden gnome flew over a car driven by a husband who turned "arrogant and heartless." It bounced on the asphalt, shattering its face.

THE ASSOCIATED PRESS

Indonesia clerics call for boycott of holiday

Muslim clerics are suggesting Indonesians skip Valentine's Day celebrations.

Cleric councils have banned celebrations in Banten and Palembang provinces. The Aceh Assembly of Clerics said celebrating the Western cultural event would be inappropriate for Muslims.

Aceh council Chairman Teungku Muslim Ibrahim said Monday many things about Valentine's Day run against Islamic teachings and norms.

240M **Indonesia is a secular but mostly Muslim nation of 240 million people. Aceh is the only Indonesian province where Islamic law is imposed.**

THE ASSOCIATED PRESS

Bailout still faces obstacles

Any hitch in getting Greek proposal through parliaments in eurozone could push Greece perilously close to missing major bond redemption on March 20

Greece faces further hurdles and delays before it can receive a second, $171-billion US bailout in spite of its lawmakers voting through more austerity measures in the face of violent protests.

The European Union's Economic Affairs Commissioner Olli Rehn on Monday called the Greek parliament's approval of a further round of budget cuts a "crucial step forward," but Germany insisted it would still take some time before the second bailout is delivered.

Germany, which as Europe's biggest economy pays the largest part in bailout deals, said it wouldn't give its final approval for the new aid payments until early March — after it becomes clear how many banks and investment funds are willing to take losses on their Greek bonds and the parliament in Berlin votes on the new measures.

Pushing the new bailout back for several weeks underlines the amount of distrust that has built up against Greece over the past two years, when many promised cuts and reforms were passed in its Parliament but never actually implemented.

"Germany is trying to get the best deal it can by putting pressure on Greece now," said Ben May, European economist at Capital Economics in London. The idea is to "give Greece a bit more of an incentive over the next few weeks to speed things up and get things moving."

Delaying the final approval of the bailout is not without risk. Uncertainty over the new rescue money could dissuade some of Greece's private investors from participating in a separate bond-swap deal, May warned.

THE ASSOCIATED PRESS

THANASSIS STAVRAKIS/THE ASSOCIATED PRESS

▶ An employee of the Greek Stock Exchange walks past charts displaying stock prices in Athens on Monday.

DIMITRI MESSINIS/THE ASSOCIATED PRESS

▶ An Athens storeowner surveys damage to her shop.

GREECE CLEANS UP AFTER RIOTS ENGULF ATHENS

Firefighters doused smouldering buildings and cleanup crews swept rubble from the streets of central Athens on Monday following a night of rioting during which lawmakers approved harsh new austerity measures demanded by bailout creditors to save the nation from bankruptcy.

Police said rioters destroyed or damaged more than 110 buildings, of which 50 were burned. They included nine listed as national heritage buildings, mostly in the neoclassical style. Thirty stores were also looted.

THE ASSOCIATED PRESS

YOU HAVE 16 DAYS TO GIVE THE ONES YOU LOVE MORE VALENTINE'S DAYS.
Please donate this February at heartandstroke.ca and make death wait.
HEART & STROKE FOUNDATION

Market moment

PRICES AS OF 5 P.M. MONDAY

TSX	Dollar	Oil	Natural gas	Gold
+ 9.27 (12,398.69)	+ 0.35¢ (100.07¢ US)	+ $2.24 US ($100.91 US)	$2.43 US (-5¢ US)	$1,724.90 US (- 40¢ US)

Ottawa decries new U.S. banking reforms

Canada has stepped up its fight against new bank restrictions proposed by the United States which Ottawa says would adversely affect saving and borrowing costs north of the border.

In separate letters to Washington policy-makers, Finance Minister Jim Flaherty and Bank of Canada governor Mark Carney complain that sweeping reforms under the so-called "Volcker rule" would reach well beyond their intended scope.

And, in some cases, because of the differences between the two countries, the impact could be greater in Canada, making savings through mutual funds and borrowing more expensive.

"The rule, as currently drafted, would have an unprecedented extraterritorial reach and significant cross-border effects ... given the close inter-linkages between the Canadian and U.S. financial systems," Flaherty wrote Monday.

THE CANADIAN PRESS

Apple stock rises above $500

Apple's stock broke above $500 for the first time Monday. It was the latest step in a rally that began more than two weeks ago, when the company reported staggering sales and profits for the holiday quarter.

On Jan. 24, Apple posted net income of $13.06 billion, more than doubling its profits from the year before. THE ASSOCIATED PRESS

Housing market due for stability: Report

Canada's hot housing market is due for a soft landing that stabilizes prices, sales and new construction over the next two years, the Canada Mortgage and Housing Corp. said Monday.

"With the Canadian economy set to expand at a moderate pace and mortgage rates expected to remain low, activity levels in 2012 in both new home construction and sales of existing homes will stay close to levels seen in 2011," CMHC deputy economist Mathieu Laberge said in a statement.

THE CANADIAN PRESS

Obama unveils election-year budget

Taking a pass on reining in government growth, U.S. President Barack Obama unveiled a record $3.8 trillion election-year budget plan Monday, calling for stimulus-style spending on roads and schools and tax hikes on the wealthy to help pay the costs.

Though the Pentagon and a number of cabinet agencies would get squeezed, Obama would leave the spiralling growth of health-care programs for the elderly and the poor largely unchecked.

The plan claims $4 trillion in deficit savings over the coming decade, but most of it would be through tax increases Republicans oppose, lower war costs already in motion and budget cuts enacted last year in a debt pact with GOP lawmakers.

Many of the ideas in the White House plan for the 2013 budget year will be thrashed out during this year's election campaigns as the Republicans try to oust Obama from the White House.

"It seems like the president has decided again to campaign instead of govern and that he's just going to duck this country's fiscal problems," said Republican Paul Ryan, chair of the House budget committee.

THE ASSOCIATED PRESS

SUSAN WALSH/THE ASSOCIATED PRESS

▶ President Obama speaks in Annandale, Va., on Monday.

Budget blueprint

Obama's budget blueprint reprises a long roster of prior proposals.

- Raise taxes on couples making more than $250,000 a year.
- Eliminate numerous tax breaks for oil and gas companies.
- Approve a series of smaller tax and fee proposals.
- Cut the Pentagon's purchases of navy ships.
- Scrap two NASA missions to Mars.

BRINGING SEXY BACK FOR VALENTINE'S DAY

SHE SAYS ...

JESSICA NAPIER
METRO

Valentine's Day, in all its saccharin-sweet glory, is the perfect litmus test for determining the current status of your relationship.

Couples embarking on their first Valentine's night together will pull out all the stops. There will be candle-lit dinners, elaborate gifts and racy lingerie with more tassels and wiring than a Cirque du soleil costume.

For long-term partners, this candy-heart holiday might as well just be any other Tuesday. If things get super-romantic, you'll share an extra-large pizza and peel off your flannel PJs at the end of the night for some obligatory Valentine's Day sex.

As much as we might hate to admit it, somewhere along the way the honeymoon phase ends and the comfortable stage begins. So how does a passionate duo turn into Team Sweatpants, and what can stuck-in-a-rut couples do to put the spark back in the relationship?

"Suddenly that sexy stranger from across the room is the guy who doesn't cut his toenails and leaves his wet towels on the floor."

I posed the question to relationship expert and registered sex therapist Dr. Teesha Morgan because, frankly, we could all benefit from some sexpert advice at this time of year.

"In the beginning, relationships are often ignited and kept alive by lust," says Morgan.

When we start dating someone new, we have a tendency to project onto our partners all the good qualities that we want him or her to have, rather than what exists in actuality. Once the novelty wears off, we come to realize that our perfect partner is actually human. Suddenly that sexy stranger from across the room is the guy who doesn't cut his toenails and leaves his wet towels on the floor. Attraction turns to frustration and the fire begins to burn out.

As Hallmark-y as it might be, Valentine's Day is a good opportunity to look at your own relationship and evaluate whether or not you could use a little more excitement.

If you want to reignite that initial spark, you've got to make your significant other a priority. Ensure your partner feels desired by showing an interest in trying new things together on the intimacy front. "Variety truly is the spice of life," says Morgan. "Willingness to step outside the box and become a little more adventurous is an important factor to the longevity of a satisfying sex life."

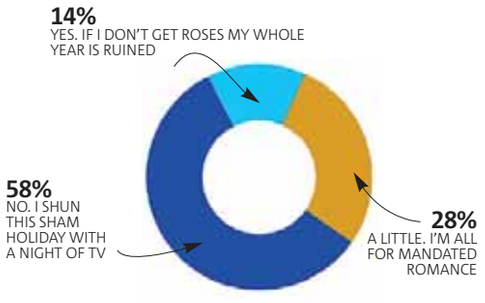
So instead of reaching for the remote tonight, try reaching for, well, something else.

There are plenty of options out there, but it's up to you to make an effort to bring sexy back this Valentine's Day, whether it's your first, fifth or 50th year together between the sheets.

Read more of Jessica Napier's columns at metronews.ca/shesays

Register at metropolitanpanel.ca and take the quick poll

Do you stress over getting a Valentine's Day date?


14%
YES. IF I DON'T GET ROSES MY WHOLE YEAR IS RUINED
58%
NO. I SHUN THIS SHAM HOLIDAY WITH A NIGHT OF TV
28%
A LITTLE. I'M ALL FOR MANDATED ROMANCE

Local tweets

- **@christyclark-bc:** Over the last 11 mos, we've opened up gov like never before thru social media engagement, open data, public townhalls & roundtables #opengov
- **@BIGMURPH56:** It stupefies me the cross sections of people in a doctors office waiting room... I'm starting to write a screenplay as we speak....
- **@JodieEmery:** Marc turns 54 today. Unfortunately, he's feeling sick... I'm sad his birthday behind bars is extra miserable. My poor boo! Wish he was home.
- **@CFL_News:** Wally Buono: "What Jamal Lee has gone thru physically has affected him emotionally." #BCLions #CFL
- **@_XGamer_:** UGH ! Jamal Lee retires from #CFL ....WTH ? Well, good luck to him....going out with a Grey Cup ring....
- **@MsLilDvl:** "@BCLions: Jamall Lee announces retirement - details here: bclions.com/article/jamall ... #BCLions #CFL " All the Best to Jamal!! Kinda shocked!!

Daily Zoom

TONY'S GALLERY

Artist covers her room with yarn

LONDON. This woolly room will have you bouncing off the walls! At Tony's Gallery off Brick Lane, London, an artist has crocheted a life-sized replica of her bedroom, complete with explicit messages from her personal life. Polish-born artist Agata Oleksiak, a.k.a. Olek, found fame after veiling New York monuments in yarn. MWN

60 seconds

KNITTING & VODKA

How long did this take you?
Seven months in total. I don't know the amount of wool I used. The floor cover and walls were reused from past exhibits.

Why do you crochet?
It's not some ol' granny pastime but a method to show the connections between art and my life.

You must have a lot of patience to knit all that.
I spent two months living in this room knitting. I watched Jim Jarmusch and Wim Wenders movies and drank nut-flavoured vodka to pass the time!

And your dream artwork?
To crochet the entire White House. That would be amazing. Obviously I would need the entire nation to help me crochet.

ANTHONY JOHNSTON

metro
METRO VANCOUVER • #250 - 1190 Homer Street • Vancouver, BC • V6B 2X6 • T: 604-602-1002 • Fax: 604-648-3222 • Advertising number: 604-602-1002 • metronews.ca/vancouver/advertise • metronews.ca/vancouver/contactus • **Vice-President and Group Publisher, Metro Western Canada** Steve Shrout, **Managing Editor** Jeff Hodson, **Advertising Sales Manager** Chris Mackie, **Distribution Manager** George Acimovic • **METRO CANADA: President and Publisher** Bill McDonald, **Vice-President, Sales** Quin Millar, **Vice-President, Business Ventures** Tracy Day, **Vice-President, Marketing & Interactive** Jodi Brown, **Editor-in-Chief** Charlotte Empey, **National Deputy Editor** Fernando Carneiro, **Managing Editor, News & Business** Amber Shortt, **Managing Editor, Life & Entertainment** Dean Lisk, **Managing Editor, Night Production** Matt LaForge, **Associate Managing Editor, News & Business** Kristen Thompson, **Art Director** Laila Hakim, **National Sales Director** Peter Bartrem, **Director, Marketing & Research** Robyn Payne

2 scene

Scene in brief

Adele's songs about breakups and heartache have made her a multi-Grammy award winner, but she insists she's done with all that. In an interview featured in the March issue of Vogue magazine, the 23-year-old says people think she's "miserable" because of her songs. In fact, the singer vows to "never" write a breakup record again and adds she's "done being a bitter witch." Adele has a lot to be happy about. She won six Grammy awards Sunday night, including record and album of the year. 21 was 2011's bestselling album. The March issue of Vogue goes on sale Feb. 21.

THE ASSOCIATED PRESS

Angelina Jolie says she hopes directorial debut on Bosnian war will provoke discussion on rape

Interview with the writer

Anne Rice built a career writing about vampires way before Edward and Bella ever set eyes on each other In her latest work, she moves into werewolf territory

MEREDITH ENGEL
SCENE@METRONEWS.CA
METRO WORLD NEWS IN NEW YORK

The Wolf Gift, the newest novel from Anne Rice, the queen of supernatural stories (remember Interview with a Vampire?), hits shelves today. We spoke with the author about her influences, characters and her thoughts on the future of book publishing.

You were raised in a very strict Catholic upbringing. What influence did that have on you and your writing?
I think it influenced everything. I grew up in the '40s and '50s in New Orleans, which is a Catholic city. I was in a Catholic parish, going to a Catholic school, in a world where everybody went to a Catholic school, and we had beautiful churches all over New Orleans, and all of that ended up influencing my work tremendously. I had lots of church, of course, before I wrote Interview with the Vampire, but Interview with the Vampire was a lot of that, grieving for that, grieving for that lost sense of being involved in a meaningful community. It's kind of natural, I think, for someone who grew up like that to write about European-American characters, like Louis was a French plantation owner living in Louisiana.

Did your background influence The Wolf Gift?
I think it's a synthesis of where I've just been and what I've gone back to. For 12 years, I attempted to be a Christian again — I went back to the church and for 12 years I really lived it, breathed it, wrote two books about Jesus that provided me with one of the greatest experiences in my career. And I've left that, I've publically left religion, and I'm back again with the classic monsters of horror, but I think the work is really synthesizing. It's really pulling together a lot of what I've learned during those Christian years and it feels to me different from the older vampire novels. First of all, it's very contemporary: Reuben is young and living in San Francisco right now and I had confidence to present him in this contemporary world that I kind of lacked years ago.

GETTY IMAGES

Anne Rice

I heard you got the idea for this book from the producer of the TV show White Collar.
That is true. I emailed Jeff Eastin because I'm a big fan of the show. I just think it's one of the most fresh and clever shows on TV. We have an email friendship going and he said something about it in an email. He said that he'd watched a documentary on werewolves and something about if I ever wanted to do a werewolf novel, he would buy buckets of it, and it was just a casual thing and I got to thinking, Wow. Most of the time when people mention werewolves, I would always say: "No, I'm not going to do that. My sister's done that and I don't want to crowd her." Then I got to thinking, "Well, Alice has been gone since 2007, I miss her terribly, but maybe it's OK now, five years later, to write about werewolves. Maybe it's alright; I wouldn't encroach on anything she's done."

And I read that you based the main character of this book on the star of White Collar, Matt Bomer. Have you ever met him?
Nope.

Does he know he's inspired a character in your book?
I don't know. I should send him a copy! Jeff knows; he's read The Wolf Gift. I just acknowledge Matt as the physical model. You know, Matt's voice, Matt's eyes.

He is a beautiful man.
Well, yeah, he is. You know, I didn't even plan it. I just kept seeing and hearing Reuben as Matt Bomer. If they were to make a movie and Matt Bomer were to step into that role, I would be absolutely thrilled.

Matt Bomer

DVD reviews

Buy it | Rent it | Borrow it | Yawn | Don't bother

The Twilight Saga: Breaking Dawn — Part 1
Genre: Drama
Director: Bill Condon
Stars: Kristen Stewart, Robert Pattinson, Taylor Lautner

There are more bubbles than blood as Bella Swan finally gets her (dead) man in part one of Breaking Dawn, the conclusion of the Twilight teen vampire franchise.

Melodrama reigns in this supernatural soap opera, even though Stephanie Meyer's tale takes a sharp turn toward the violently weird.

After three films in which Bella Swan (Kristen Stewart) and her vampire beau Edward Cullen (Robert Pattinson) exchanged smouldering looks, they finally get on the good foot to do the bad thing, which not only literally wrecks the marital bed, but results in a monstrous pregnancy that could kill the human (for now) Bella.

Director Bill Condon (a Twilight newbie) and returning screenwriter Melissa Rosenberg don't stray much from Meyer's source text or tamper with a profitable romance that is now more cash cow than Cupid. There's not much they can do about a story that has grown steadily more risible.

With talk of unplanned pregnancy, abortion and marital discord entering the picture, Twilight is now really an "R" picture under a "PG" label, and it's an uncomfortable fit.

I have just one question for Twihards before next year's Part 2: Does Dracula offer daycare services?

Extras include a director's commentary and making-of featurettes.

PETER HOWELL

Tatum and McAdams

Channing Tatum and Rachel McAdams — stars of The Vow — tell you how to survive Valentine's Day

NED EHRBAR
SCENE@METRONEWS.CA
METRO WORLD NEWS IN HOLLYWOOD

SPYGLASS

▶ The stars in The Vow

CHANNING TATUM:

Are you a hopeless romantic yourself?
I hate that question, because yeah, I would like to say I'm a romantic. I don't personally think it's that hard to be that thoughtful. Caring for somebody and showing them that you love them is just another outlet for creativity for me. I like to draw and write little, tiny stories, or even just 'I love you' and hide it in her purse or under the toilet seat so when she gets up before you she sees it. It's whatever. Because I'm a practical joker, it's fun for me.

"I like to write 'I love you' and hide it in her purse or under the toilet seat. It's fun for me." CHANNING TATUM

What advice do you have for a great Valentine's Day?
Valentine's Day, I would always say misleading is the best. Say you're going to dinner, like something really boring — not boring, but normal. Look, I love sitting and having dinner. I probably will be doing that on Valentine's Day because it's the day this comes out, and we'll be working and whatnot. But mislead. That's what I always say. Mislead. Say we're doing that, and then go and, I don't know, go skydiving. Do something that's a little shocking, that you'll remember. Don't do something that you've already done.

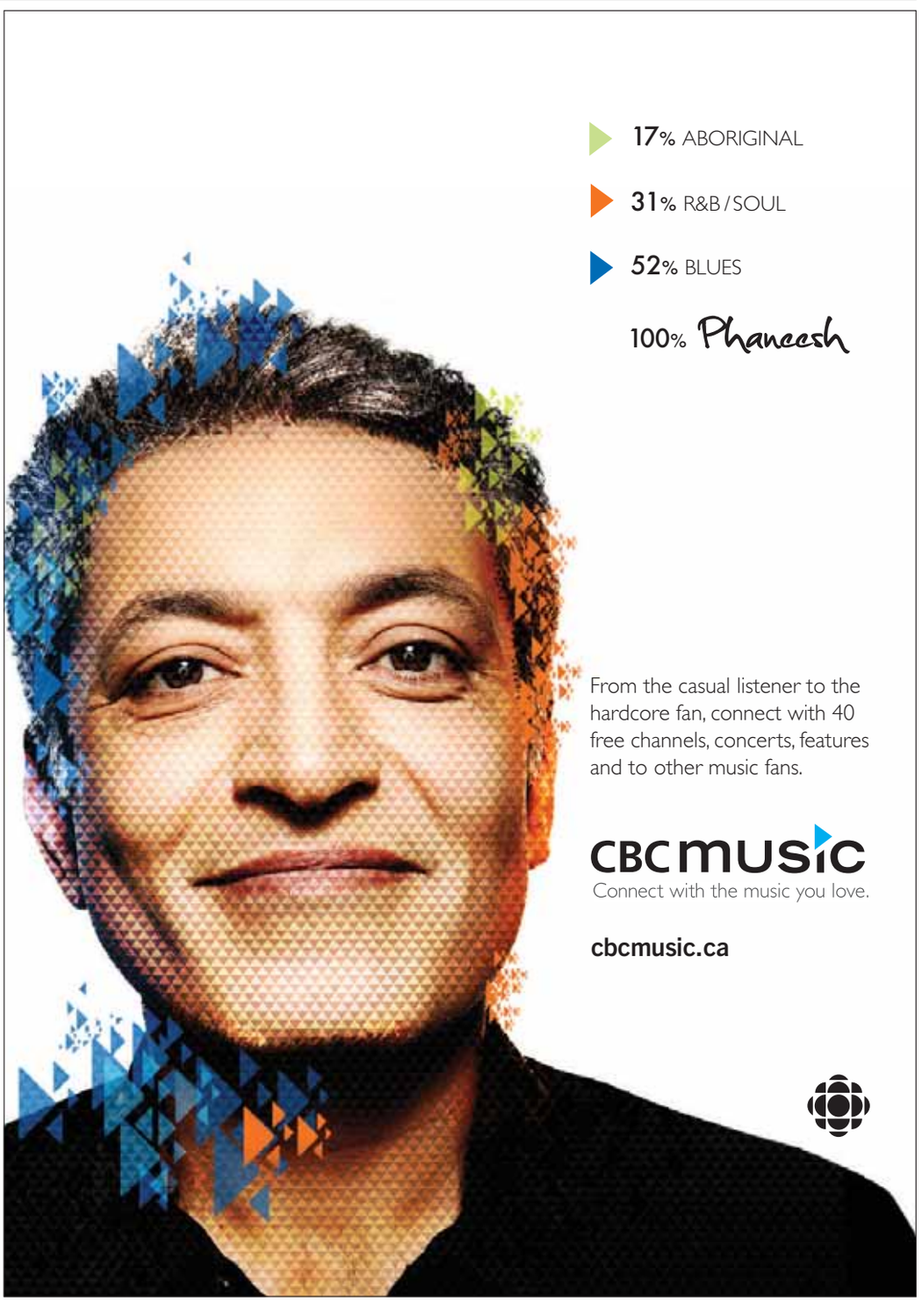
Any memorable Valentine's Days for you?
I don't know any memorable ones as far as great dates because I think I've had two really bad days on Valentine's Day. I had two long-term girlfriends — for almost exactly the same amount of time, it was like three and a half years each — and on Valentine's Day on both of them we broke up. But in hindsight it was a really honest thing because I think that right around that time you should be figuring out if this is who you want to be with. Is this who you want to raise children with? Is this something that you see going on and getting to the next stage, whatever that next stage is?

Rachel McAdams

Do you have any Valentine's Day advice for our readers?

▶ "Well, I always like really personal things, doing something no one else would know about you. But a girlfriend of mine, she does this very cute thing where she writes little notes on the toilet paper roll for her boyfriend. Like draws little drawings and pictures and stuff, which I think is really cute. But yeah, just something really personal. I prefer those things. It doesn't have to be big or lavish, just some thought put into it."

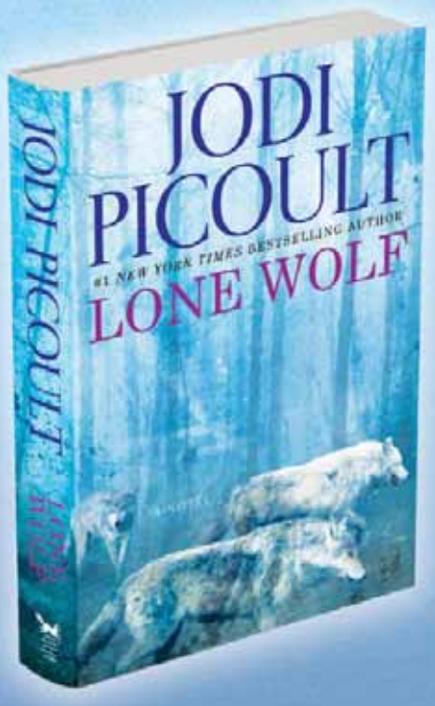
Canadian Health Care Academy
Register Now For Spring Courses
Licensed Practical Nursing
Be a LPN in 52 weeks! Classes start March 12
Access to Practical Nursing
RCA's become a LPN in 34 weeks! Classes start March 12
Pre-requisite courses also available. Call for details.
Call for details: 604.540.2421
info@chcabc.com • www.chcabc.com
052411


17% ABORIGINAL
31% R&B / SOUL
52% BLUES
100% Phaneesh
From the casual listener to the hardcore fan, connect with 40 free channels, concerts, features and to other music fans.
CBC MUSIC
Connect with the music you love.
cbcmusic.ca

Have you

read them all?

"Picoult is a rare writer who delivers book after book...." —ENTERTAINMENT WEEKLY



COMING FEBRUARY 28TH

A life hanging in the balance... a family torn apart— LONE WOLF —an unforgettable NEW novel from JODI PICOULT.

Simon & Schuster Canada • simonandschuster.ca • jodipicoult.com

Facebook.com/SimonandSchusterCanada Twitter.com/simonschusterCA

More on Whitney Houston's death

New info continues to be revealed about what caused the singer's untimely death at the age of 48

ALL PHOTOS GETTY IMAGES

▶ Whitney Houston (1963–2012)

THE WORD

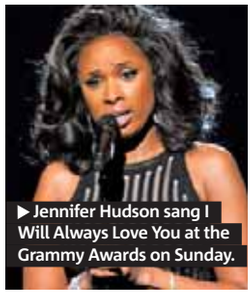
DOROTHY ROBINSON
SCENE@METRONEWS.CA

Though authorities are not confirming anything other than she was found in the bathtub, some websites are reporting that Whitney Houston died from an overdose of Xanax and liquor. And according to TMZ.com, coroner's officials informed the family that there was not enough water in Whitney's lungs for a drowning, as was initially assumed. Officials believe she passed away before her head became submerged in water, though the official toxicology report won't be complete for four to six weeks.

Although earlier reports say that her stylist, hairdresser and two bodyguards were among the ones who found Houston underwater, reports now say it was her aunt Mary Jones who discovered Houston's body.

TMZ.com says Houston had apparently been in the bathroom for more than an hour when Jones went in to check on her. Upon seeing Houston, Jones pulled the singer out of the tub and started CPR. RadarOnline.com reports that her body was probably under water for 30 minutes and the autopsy shows that her body had no "obvious signs of trauma, but her throat appeared to be inflamed upon examination."

NBC New York reports that once Houston's body is released to her family by the L.A. Coroner, she will be eulogized in her birthplace of Newark, N.J. Whigham Funeral Home — who handled the funeral for Houston's father, as well as the memorial for Arthur Lee Warrick, the mother of Dionne Warwick (Houston's cousin), and for Ann Drinkard Moss, the sister of Houston's mother, Cissy — will reportedly be handling the arrangements.



▶ Jennifer Hudson sang I Will Always Love You at the Grammy Awards on Sunday.

Celebrity tweets

Pardon me... do you have any crepe chiffon?

@kanyewest

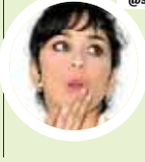
@rustyrockets

The intuitive mind is a gift and the rational mind a servant. We have created a society that honors the servant and has forgotten the gift.

@MarleeMatlin

Before I forget, Happy Valentine's Day. I'll be half a world away but thinking about you. Support the freedom to love and live peacefully.

@sarahksilverman



I just read John: 3:16. It's dumb!

Adele has a new man

Not only were the Grammy Awards a big night trophy-wise for Adele, but it was also a chance for the British singer to make her first official appearance with boyfriend Simon Konecki, according to Us Weekly.

Konecki was by Adele's side in the front row of the Staples Center as she won in all six categories in which she was nominated. The pair had previously been spotted last month on a romantic trip to the Florida Everglades. METRO

Truly, madly, deeply: Why do we get jealous?

Valentine's Day isn't all about being madly in love Dr. David Buss, relationship expert and author of The Dangerous Passion: Why Jealousy is as Necessary as Love and Sex, explains the science behind the 'j' word

ROMINA McGUINNESS
LIFE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

ISTOCK PHOTO

This won't end well.

Do you ever feel protective of your relationship — as if someone else is out to get your man (or woman)?

You may be overly cautious. Or you may just be reacting normally. Mate poachers exist.

And Dr. David Buss, author of The Dangerous Passion, says we've psychological adapted to defend ourselves against such threats.

First, is your partner your equal?

Determine their mate value: how desirable is this person on the mating market? Think about anything from looks to social status.

When a couple pairs up they tend to have approximately similar mating values but discrepancies do develop over time.

"If one gets a big promotion at work, they could increase their mate value by virtue of the position. The lower mate value person tends to be most jealous as statistically, it's more likely for the higher mate value person either having an affair or terminating the relationship," says Buss.

Then, identify the nature of the threat

According to Buss, men and women are equally jealous but differ in the nature of their emotion.

"For a man the sexual aspect of an infidelity poses a threat as it casts a doubt over their paternity certainty," he said. "Men place a greater premium on physical attractiveness in potential mates so when women see their man in a sexually charged interaction with a physically more attractive woman, that can drive a women crazy."

Take action

"Women enhance their physical appearance as a mate protection tactic whereas men redouble their efforts to fulfill their partners' desires," he said. "Men are more physically reactive and more likely to get drunk or commit crimes of passion."

Jealousy as a symbol of love and commitment

No one wants to be with someone no one else wants. Stick to your mate value equal and hopefully you can avoid a Basic Instinct 3.

THE MOST OUTRAGEOUS JEALOUSY CASES

AMERICAN FOOTBALL STAR OJ SIMPSON

Although found 'not guilty,' Simpson was suspected of murdering his ex-wife Nicole Brown.

NASA ASTRONAUT LISA MARIE NOWAK

After a 950-mile, 12 hour journey (wearing an adult nappy to avoid bathroom breaks), Nowak confronted love rival Colleen Shipman armed with a BB gun and pepper spray.

3 life

A new study shows

30

...minutes of sex can burn off more than 80 calories. Surely it's the best consequence of fighting with your lover. Say yes to make-up sex.

AMERICAN ASSOCIATION OF SEXUALITY EDUCATORS

WHO says leprosy still around after being declared eliminated from the Western Pacific region

QUIT SMOKING TODAY!
IN <1 HOUR WITH 1 LASER TREATMENT
· QUIT SMOKING INCLUDES FREE FOLLOW UPS FOR 8 WEEKS ·
· ALL OTHER PROGRAMS ARE MULTIPLE TREATMENTS <1 HR. OR LESS ·
· 1000'S TREATED WITH UP TO 94% SUCCESS RATE ·
$49 BONUS
ADD-ON TREATMENT WITH THIS AD!
imagine LASERWORKS® VANCOUVER
18 CENTRES ACROSS CANADA
604.681.4501 TODAY!
Suite 828-409 Granville St. Vancouver · IMAGINELASERWORKS.COM

NEED A RIDE?
Read metrodrive every Wednesday.

UBC DENTISTRY
UBC Dentistry is screening patients between 7 – 11 years of age who require MINOR Orthodontic Treatment.
For information refer to:
www.dentistry.ubc.ca
Orthodontic Treatment Community Program
To arrange a screening appointment:
Call between 7:30 a.m. – 4 p.m.
Tuesday, Wednesday, Thursday and Friday
604-822-2324

UBC HELPING OVERWEIGHT TEENS
UBC researchers are recruiting 11-16 yr olds and their parents to participate in a weight loss study.
What's involved? Learning fun ways to live a healthy lifestyle using our internet program with support from our health counsellors. *Honorarium provided.*
Contact us at 604.875.2000 x 6393 or email mysteps@cfri.ubc.ca for more info.

Cosy up to soup on V-Day

Trafiq Café & Bakery offers up hearty soups and baked treats for lunch

LUNCH RUSH

ERIN IRELAND
FOOD@METRONEWS.CA

ERIN IRELAND

Artichoke and Brie Quiche, Thai Coconut Pumpkin Soup ($8.95).

If you know your baked goods in this city, chances are you've heard of it. West Van locals most likely have — it's going on eight years in their neighbourhood.

So popular is the baking at Trafiq Cafe that owner Sergio Salamonovitz has opened a second location on Main Street.

With a buzzing commercial kitchen, the snacks up front are nothing but fresh.

Don't let the Saran wrapped sandwiches fool you. Nothing is day-old, I was assured.

The drizzly day coaxed me toward a fragrant Thai Coconut Pumpkin Soup, brimming with carrots and tomatoes. Hot Artichoke and Brie Quiche as a main was creamy and filling with an airy light crust. I was toasty after pairing my lunch with a Sea to Sky Organic Coffee Misto and a fantastic Walnut Coffee Cake.

Perhaps you should nurture the love in today's air with a chilly walk ending over a steaming menu item at Trafiq? Happy Valentine's Day, everyone!

Trafiq Café & Bakery
4216 Main St.
604-648-2244
cafetrafiq.ca
Hours: Tues - Fri (7:30 a.m. - 7 p.m.), Sat - Sun (8 a.m. - 7 p.m.)
Social lunch: Yes
Co-worker lunch: Yes
Client negotiations: Yes
Quick solo lunch: Yes
Licensed: No
Reservations: No
Price range: $5 - $9
Rating: 3.5 out of 5

MATTHEW MEAD/ THE ASSOCIATED PRESS

This Valentine's Day, cocktail sports a risqué name, is easy on the eyes and drinks like candy.

X-Rated, for those unfamiliar with it, isn't just a movie classification. It also is the name of a hot pink liqueur made from vodka infused with passion fruit, blood orange and mango.

Preparation:

1. Divide the raspberry liqueur between 2 martini glasses.
2. In a cocktail shaker filled with ice, combine the lime juice, X-Rated, gin and pink peppercorns. Shake vigorously then strain and divide between the glasses, pouring it carefully down the sides of the glasses. Garnish with edible flower petals. **THE ASSOCIATED PRESS/ ADAPTED BY EMILY RICHARDS (PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR, TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOK.CA.**

Ingredients:

- 60 ml (2 oz) raspberry liqueur
- Ice
- 90 ml (3 oz) X-Rated Fusion Liqueur
- 30 ml (1 oz) gin
- 30 ml (1 oz) lime juice
- Pinch of crushed pink peppercorns
- Edible flower petals, to garnish

Spread the love with Red Velvet

Cupcakes are the perfect way to show your Valentine how much you care These ones are bite-size and topped with fluffy whipped cream

DINNER EXPRESS

EMILY RICHARDS
FOOD@METRONEWS.CA

These little bite-size treats are perfect to share with friends. To make them a bit different you can pour the batter into pre-baked mini tartlet shells and bake for a cupcake tart.

They're actually not too sweet and a touch of whipped cream on top is the perfect finish!

EMILY RICHARDS

This recipe makes 24 cupcakes.

Preparation:

1. In a large bowl, whisk together flour, sugar, cocoa powder, baking powder and soda; set aside.
2. In another small bowl, whisk together buttermilk, butter, egg, food colouring and vanilla. Pour over flour mix and whisk until smooth and combined.
3. Divide batter among greased or paper-lined mini muffin tin and bake in 350 F (180 C) oven for about 15 minutes or until tester comes out clean. Remove from pan and let cool completely on rack. Top with whipped cream and serve.

EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND CELEBRITY TV CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA.

Ingredients:

- 1 1/4 cups (300 mL) sifted cake and pastry flour
- 2/3 cup (150 mL) granulated sugar
- 1 tbsp (15 mL) unsweetened cocoa powder
- 1/2 tsp (2 mL) each baking powder and baking soda
- 1/2 cup (125 mL) buttermilk
- 1/4 cup (60 mL) butter, melted
- 1 egg
- 1 tbsp (15 mL) red food colouring
- 1 tsp (5 mL) pure vanilla extract
- Whipped cream

CONTRIBUTED

▶ He looks happy, they look happy, everyone wins.

Happy to be single

CHIARA ATIK
LIFE@METRONEWS.CA

Of course, we all want to find that special someone someday ... but here are four reasons to be happy that someday is not today.

1 The opportunity to check out all those "what-ifs"
A random person you meet at a party, an acquaintance you've had a crush on forever, maybe even a co-worker: when you're single, you can pursue these "what-ifs" and see where they lead.

More often than not, these little sparks of romance turn out to be nothing, but at least when you're single, the not knowing won't drive you crazy.

2 Not shaving...
your legs, your beard or any other part of your body.

Not shaving, and sparing those extra 15 minutes in the morning just because you don't feel like it, is the luxury of being single.

3 Wild nights! Wild nights!
It's pretty nice to be able to go out, and stay out, as long as you want without having to worry about whether your significant other is tired, or their feet hurt, or you said you'd call, or they have an early start in the morning, or hearing "you're so old!" in a faux-complaining voice and regretful smiles as you head out the door.

And if, at midnight, a friend calls and invites you to come out, you can just go. And if, at 2 a.m., you meet someone you like, you can just kiss them, or go home with them, or just get their number.

And if, at 4 a.m., you feel like getting a slice of pizza, or a whole pizza, you can, no problem. Who's going to care?

4 Not having to hang out with anyone else's friends
You have your own friends, and it's hard enough to find time to hang out with them.

Sort of nice not to have to spend a Friday night hanging out with someone else's friends, no?

'Like a piece of meat'

Metro's Liz Brown recently dropped in on an anti-Valentine's Day singles party

LIZ BROWN
LIFE@METRONEWS.CA

Ever wonder what would happen if you gathered all the people on an online dating site into the same room?

I never pondered the possibilities of such a situation until last Saturday night, when I attended an anti-Valentine's Day singles party at C-Lounge in Toronto, hosted by a company called Meet Market Adventures.

Being of the adventurous sort, willing to try anything once — and single myself, I thought it might be a good place to expand my potential dating circle. And while I met several guys, the event shared many similarities with online dating — as in, if you're female and attractive enough to go out in public, you're getting plenty of attention. This isn't always a good thing.

When my friend and I arrived at the bar at about 10 p.m., it was already packed. Singles ranging from 25 to 45 mingled over hors d'oeuvres and packed the dance floor, bumping and grinding to Top 40 tunes. The pair of us, being more of the wallflower than life-of-the-party type, grabbed drinks and settled ourselves in a corner of the bar to take in the crowd. The male to female ratio seemed an ideal 50:50 split.

ISTOCK

▶ Going to a singles event is a great way to boost your self-esteem. But be prepared ladies ...

Memorable opening lines of the night

- "Check out my tan. I bet I'm more tanned than you. I just got back from Mexico."
- "Don't go to the bar, you can have my drink." (A half sipped warm rum and coke).
- "I have a girlfriend right now, but it's ending soon."
- "What's your sign?"

At the front of the room, the more social singles were jostling to enter a draw to win a trip to New York City and participate in a human scavenger hunt — a search for a member of the opposite sex who had come to the party with their ex.

Several women in the 30-to-40-year-old range wearing dresses joined us on the outer fringes, playing with their hair, and subtly swaying to the music, presumably hoping to be asked to dance. While some guys were bold and approached the women, others stood by in their dress pants and button shirts, surveying the room.

This surveying was a little more overt than typical of a regular bar.

Of course, the end game of such an event is to 'pick-up,' but it was slightly jarring to walk into a bar knowing that every man in the room knew with certainty your solo status — or perhaps not. One not-so-sharp fellow approached us and opened with "So, are you two ladies single?"

As we stood there, a bit too overwhelmed to mingle, a steady stream of potential suitors approached us with all manner of pick-up lines.

While we sipped our drinks and felt the burning stare of dozens of pairs of male eyes, my pal leaned over, "Do you feel like a piece of meat in this place?"

"Completely."

"Want to go somewhere else?"

"Definitely."

After just an hour of our Meet (or was it meat?) Market Adventure, we packed it in and headed to our favourite dive bar where we did shots and hit the dance floor, happy that our single status remained personal information.

Although the event had uncomfortable overtones for me, if you're feeling lonely and need to be reassured there are plenty of single people out there, it's not a bad place to spend a Saturday night.

For more info

- Meet Market Adventures hosts singles events in most major cities in Canada. For a list of upcoming events, visit Meetmarketadventures.com.

WHAT TO BUY FOR A BAPTISM

CHARLES THE BUTLER

ASKCHARLESTHEBUTLER@METRONEWS.CA

FOR MORE, VISIT CHARLESMACPHERSON.COM

Hello, What is an appropriate gift for a child at a Christening if the child is a close family member? Thanks J&R

Hello J&R!

The ceremony of a Baptism or Christening is a religious event.

So, to state what might seem obvious to some, a religious gift of some sort will always be appropriate in either case.

Such gifts might include a cross, rosary or even a small children's version of the Bible.

You may even wish to consider having a mass said in the child's name, or giving a small bottle of Holy Water or a religious charm for future use on a charm bracelet or necklace. You can also consider a small prayer book, a picture frame with the date engraved for a photograph of this important ceremony or an album/scrapbook to keep a copy of the church program, guest list, family pictures, footprints and anything else from the day.

HAVE A QUESTION? EMAIL CHARLES AT ASKCHARLESTHEBUTLER@METRONEWS.CA.

ISTOCK

Will you be mine for less than $25?

Your heart may be full of love but that doesn't mean your wallet is Show you care without going into the red

ISTOCK

A homemade card can be a lot more meaningful than an expensive present.

FUN AND FRUGAL

LESLEY SCORGIE
MONEY@METRONEWS.CA

The spirit of Valentine's Day is to show your special someone that you care about, and value, them. And you don't need lavish gifts and a racked up credit card to acknowledge your partner.

Just like a grade-schooler, sit down for 20 minutes and make a card. Using red and pink paper, cut out hearts and glue a picture of your honey in the middle.

Somewhere within your homemade masterpiece, write out all the things you love about them. Who cares if you're not Picasso or Shakespeare; it doesn't matter. The thought is what counts.

Rather than booking a dinner out, try cooking a new recipe at home. Pick up fresh ingredients from your local grocer and a reasonably priced bottle of wine.

If your culinary skills are sorely lacking, buy an online coupon to an inexpensive restaurant. If the corkage fee is low, bring your own wine.

"Valentine's Day is your opportunity to make your partner feel special and you don't need a helicopter ride to prove you care."

If you're freaked out your partner might think you're a cheapskate, secretly slip the coupon to your server en route to the washroom.

If you're planning to exchange gifts, be frugal. Agree to set a limit on your spending. Turn it into a game; who can buy the best Valentine's gift for less than $25.

Take advantage of coupons, clearance and 'end-of-season' sales. If you're into the great outdoors, give your partner a handmade 'IOU' to take them hiking, skating or skiing.

Turn off your computer and phones, fill up a thermos with hot chocolate and go for a romantic walk around your neighbourhood. Spend time talking or download an old movie.

Simply making time for your honey or helping them with a mundane task, like housework, means a lot.

Valentine's Day is your opportunity to make your partner feel special and you don't need a helicopter ride to prove you care.

That chew toy better be BPA-free

Rover's living large: More and more pet owners are paying extra for healthy, eco-friendly food and toys

Like many pet owners, customers at April Lawrence's pet bakery and boutique in central Iowa want the best for their four-legged family members.

That means high-quality, safe and eco-friendly products, from organic food and treats to BPA-free toys and water dishes. And they don't mind paying extra.

"The customers are looking at their pets as part of their extended family," says Lawrence, adding that the organic, baked-from-scratch, healthy treats she sells at Bone-A-Patreat Pet Bakery and Boutique are especially popular. "They're better than what I eat!"

Many pet owners began looking for safer products after huge pet food recalls in early 2007 that followed the renal failure and death of hundreds of animals, says Leslie May, who operates Pawsible Marketing, a firm that helps pet-related businesses, in Blue Ridge, Ga.

"It really prompted people to wake up and look at what's in their pet's food and what's around their pet's life, in their environment," she says, adding that there's also a growing awareness of lead in dog toys made in China, and of the dangers posed by some plastics used in many pet products.

CHARLIE NEIBERGALL/THE ASSOCIATED PRESS

Valentine dog treats at the Bone-A-Patreat store in Des Moines, Iowa — "They're better than what I eat!" says the owner.

Social media sites have provided a forum for people to learn more about pet health, she says, and that also leads to a demand for safe, well-made items.

"You are getting higher quality, which last longer, so you actually come out even or ahead in the end," says May.

For example, a food bowl free of the chemical bisphenol-A, or BPA, may cost twice as much as an ordinary bowl, but it can last a dog's lifetime.

May, the consultant, says her research shows that many baby boomers who have become empty-nesters have turned to nurturing pets.

Also, more couples and individuals are remaining childless and looking for a bond with a pet, and they have the resources to spend on their beloved animals."A lot of people, just like me, got a dog to do something with," says May, who owns a seven-year-old sheltie, Johann. "He sure filled that bill. The bond — it's so much more powerful than I could ever have imagined." THE ASSOCIATED PRESS

Puppy love

Brad Weston, chief merchandising officer for Petco, a leading pet-products retailer, says there's definitely a trend toward healthy, eco-friendly products as pet owners project their own lifestyle choices onto their pets.

- **Pets reflect our values:** "(Pets) are increasingly thought of as family members, so not only are we willing to dig deeper into our pockets for our pets, but the choices we make for them are a direct reflection of our personal preferences, values and ideals," he says.
- **Only the best:** No matter if the economy is slumping, Weston expects the trend in premium pet products to keep growing. "For the most part, as parents, we don't skimp on our kids until or unless we really have to. And same goes for our pets today," he says.

EVER FOREX
Offices in Vancouver, Burnaby & Richmond
• Foreign Exchange
• Worldwide Money Transfer
• 24*7 Online Trading
Live Rates: everforex.ca • Toll Free: 1 800 699 4816
USA, EUR, GBP, AUD, NZD, JPY, CNY, THB, TWD, MYR, PHP, SGZ, ZAR

GETTY IMAGES/JUPITERIMAGES/COMSTOCK/THINKSTOCK

Pros & Cons

Should you take out loan to invest in an RRSP There are advantages

JANE DOUCET
FOR METRO

Borrowing money to invest in an RRSP has many advantages.

Besides the immediate tax savings, it allows you to increase the amount you have to invest, take advantage of tax-sheltered compounding, boost your investment returns, achieve your long-term financial goals faster and build a larger and more diversified retirement portfolio.

But how do you know if you should take out this type of loan? It's a good idea to borrow for an RRSP if you want to make a contribution now but don't have any money set aside, you want to take advantage of your unused contribution room, or you are in a higher marginal tax bracket than you were last year.

RRSP loans have low interest rates, flexible repayment options of up to 10 years, deferred payments of up to 90 days and no early repayment penalty. That's all good news. But what about the downsides?

"The biggest problem with RRSP loans is that people don't put the tax savings back onto the loan," says Stephen Cox, a certified financial planner professional with Desjardins Financial Security Independent Network in Halifax.

"Instead, they'll use it to take a vacation or buy an expensive item they've been eyeing."

Another pitfall is that those who take out a long-term RRSP loan — say, over five to 10 years — get sick of making the payments.

"Most people take the longer-term loan intending to pay it back sooner, but few do," says Cox.

"It's a better idea to take out a loan for a smaller amount over a shorter period of time, such as one or two years."

If you borrow for an RRSP and the market does well, then you are ahead of the game. But if it doesn't do well?

"You could possibly pay more in interest on the loan over time than what you saved in tax," says Cox. "It's unlikely, but possible."

Saving for the future is a balancing act

It's hard to find a balance between keeping money in your wallet now, leading the lifestyle you enjoy, and also saving for the future.

There are many considerations when determining the savings plan that's right for you: One option is a retirement savings plan (RSP). The deadline for making RSP contributions for the 2011 tax year is Feb. 29.

Other options for working towards a financially-secure future include: Paying down your debt or mortgage, contributing to a tax-free savings account (TFSA), a registered education savings plan (RESP) for your children's education, or other investments.

"RSPs are a great way to start saving for your retirement," says Kathryn Del Greco, vice-president, investment adviser, TD Waterhouse Private Investment Advice.

"However, ensure that you carefully weigh all the alternatives and find the right mix of investments tools that will help you achieve your short-, medium- and long-term goals."

Here are some tips to help you get started — or help with your current investments:

- Evaluate your investment portfolio regularly.
- Make sure you have a plan. Know what your goals are and determine what financial steps are needed to get there.
- If short of funds, consider a loan for your RSP contributions. The tax-deferred compound growth on your investments could potentially outweigh the interest costs.
- Contribute regularly.
- Be mindful of the limits. Review your notice of assessment statement provided by the Canada Revenue Agency to check the maximum you can contribute to your RSP.

NEWS CANADA

Reaching your goals

The Feb. 29 RRSP deadline is fast approaching. Some tips to help you reach your retirement goals:

Start early. The longer you are invested, the more your money will grow over time through contributions and investment earnings.

Diversify. "A balanced mutual fund is ideal for an RRSP," said Don Reed, president and CEO of Franklin Templeton Investments Corp. "Investors capture the upside of stocks with the security of bonds."

Tax efficiency. RRSP contributions are deducted from your income, resulting in a potentially significant tax deferral.

Small is beautiful. For as little as $50 per month, you can build a significant nest egg over many years.

NEWS CANADA

RR$$$$$$$$$$$$
$$$$$$$$$$$$$$
$$$$$$$$$$$P

Earn more, plus more.

2.00%* 24 MONTH RRSP/RRIF/TFSA GIC + SCRATCH & EARN UP TO A 3%** BONUS

Visit a branch today to build a flexible investment portfolio that suits your needs.

Nine branches in Vancouver and the Lower Mainland to serve you.

cwbank.com

* Rates subject to change without notice. Available in-branch only. Interest compounded annually. See branch for full details.
** Scratch & Earn Bonus available on WestEarner® RRSP, RRIF and TFSA GICs purchased between December 1, 2011 and March 1, 2012 only.

CANADIAN WESTERN BANK
The Working Bank®
Member of CDIC

Saving for your Golden years

YLVA VAN BUUREN
FOR METRO

No matter how old you are, saving for your retirement has never been more important — and contributing to a Registered Retirement Savings Plan (RRSP) is one way to do that. The deadline for contributing and using it on your 2011 income tax return is Feb. 29.

Here are nine reasons why you shouldn't skip on investing in an RRSP this year.

1 The immediate tax deduction. Your total income is reduced by the amount you invest in your RRSP, says David Gillan, vice-president of T.E. Wealth,

2 Lower tax bill. Many Canadians work out their tax situation, says Gillan, and put in just enough to make sure they are not paying any taxes.

3 The "piggy bank" factor. An RRSP is a great savings plan.

4 Fewer employer-sponsored pension plans. "Today, less than 40 per cent of the population is covered with a pension," says Bev Moir, senior wealth adviser at Scotia McLeod.

5 Long-term growth potential. Despite the current stagnant investment market, experts say growth is going to return. "The earlier you start, the better because there's more time for growth and compounding," says Moir.

6 Tax-free growth. Money in your RRSP grows without attracting any tax through its accumulation, explains Richard McKenster, past chair of the Institute for Advanced Financial Education and a spokesperson for Advocis, Halifax.

7 Improve your whole financial picture. Building your RRSP is about direction and growth, says McKenster. "Make no mistake, there's no downside to putting some money aside."

8 A longer retirement. If you plan to retire at 55 or 60, you may have a 30-year retirement as people in general are living longer. Your retirement savings have to last you a lot longer.

9 Peace of mind. For many Canadians, the Canada Pension Plan and Old Age Security will not be enough for retirement. Add high divorce rates, a less stable job market and possible changes to the eligibility age of Old Age Security, says Moir, "and you really can't count on anybody but yourself."

Annual limits

If you don't use up your contribution limit in any one year, the unused contribution room is carried forward. So you can always catch up. Next year you will be able to contribute your annual contribution amount plus what you didn't contribute this year.

GETTY IMAGES/JUPITERIMAGES/BRAND X PICTURES/THINKSTOCK

Investment poll

A recent Scotiabank investment poll showed that 52 per cent of Canadians aged 35-54 plan to contribute to their RRSP for the 2011 tax year compared to 41 per cent in the 18-34 age category and 21 per cent in the 55 and older age category.

Divorce and the division of RRSPs

SMART INVESTING

TALBOT BOGGS

Regrettably, divorce is becoming an all too commonplace event in Canadian society.

Statistics Canada reports that more than 100,000 individuals a year go through divorce and 43 per cent of marriages are expected to end in divorce before they reach their 50th anniversary.

A similarly sad reality accompanying the divorce rate is that few Canadians appreciate the impact divorce can have on their finances and planning for retirement, a BMO Financial Group study has found.

The study showed that married adults who became divorced or widowed between the ages of 67 and 80 were projected to have the largest decrease in wealth and the largest increase in poverty, experiencing a decline in median income of as much as 37 per cent.

"Divorce is a big change in life, and as in all big life changes, people need to talk to a qualified financial planner to see what the implications are before making any decisions," advises Sara Kinnear, director of advanced financial planning with Investors Group.

"Whereas before the divorce you might have been planning for retirement together, now you may be on your own, solely responsible for making sure you have enough income to retire on," Kinnear says.

GOODSHOOT/THINKSTOCK

Financial experts recommend that before you divide up your assets, find out what the tax implications are.

You may find that you can achieve what you want while avoiding or minimizing taxes.

One of the most common questions Kinnear gets from clients going through divorce is about RRSPs.

In case of separation or divorce, either you or your spouse can transfer existing RRSPs to the other without being subject to tax, provided you are living apart when property and assets are settled and provided you have a written separation agreement or a court order.

A couple's RRSPs often are split between partners during a divorce, but a lot of what happens will depend on the terms of the settlement.

Attribution rules (tax rules to prevent excess income splitting) regarding spousal RRSP and RRIF (registered retirement income fund) withdrawals will not apply to any withdrawals made after you and your spouse have begun to live separately and apart as a result of a breakdown in the relationship.

While income tax rules apply equally to common-law partners and married partners, rules about family property typically don't apply to common-law partners, although they do in some jurisdictions, Kinnear notes.

Jackie Read, a financial adviser with Edward Jones, believes many women come out of divorce more financially-challenged than men because they have not been as involved in financial matters as their spouses.

"A lot of divorcees may not even have a budget and may never have handled money or investments or paid the bills because their husbands did all that," Read says.

Read suggests people coming out of a divorce set up a budget, review all expenses and start to build their own retirement plan, which should include contributing to an RRSP.

THE CANADIAN PRESS

TALBOT BOGGS IS A TORONTO-BASED BUSINESS COMMUNICATIONS PROFESSIONAL WHO HAS WORKED WITH NATIONAL NEWS ORGANIZATIONS, MAGAZINES AND CORPORATIONS IN THE FINANCE, RETAIL, MANUFACTURING AND OTHER INDUSTRIAL SECTORS.

Different variables for entrepreneurs

JANE DOUCET
FOR METRO

Creating a retirement savings plan can be more challenging for small business owners than for other people.

That's because entrepreneurs must consider multiple sources of retirement income, special tax considerations and succession issues when building a retirement plan.

Many entrepreneurs assume that their business will fund a substantial portion of their retirement.

"While the equity in your business can be an important source of income, diversification is the best risk-management strategy," says Robert McCullagh, the owner of Benefit Planners Inc., a Calgary-based integrated financial planning firm, and the past chair of the board of directors of Advocis, The Financial Advisors Association of Canada.

In McCullagh's experience, entrepreneurs typically have an overstated value in mind of what their business is worth, both current and long term.

"Most assume that when they sell their business, it will be viable, relevant, debt free and cash positive," he says.

But many variables can impact the projections of its worth. For example, what if you plan to sell your business in 10 years, but become stricken with a fatal illness at the three-year mark, meaning you are forced to sell significantly sooner?

"You can't assume that you'll stay healthy until you retire," says McCullagh.

Or what if in your final years of operation you become entangled in a lawsuit, either as the plaintiff or the defendant? And what if the economic marketplace changes quickly, causing your business to become devalued?

Other issues to consider are whether the buyer will be paying for a client list or purchasing shares in a corporation. Then there's the matter of the payout. Will it be all out front, or distributed over time?

"A business is an excellent way to augment a well-planned retirement program, but it has its pitfalls," says McCullagh.

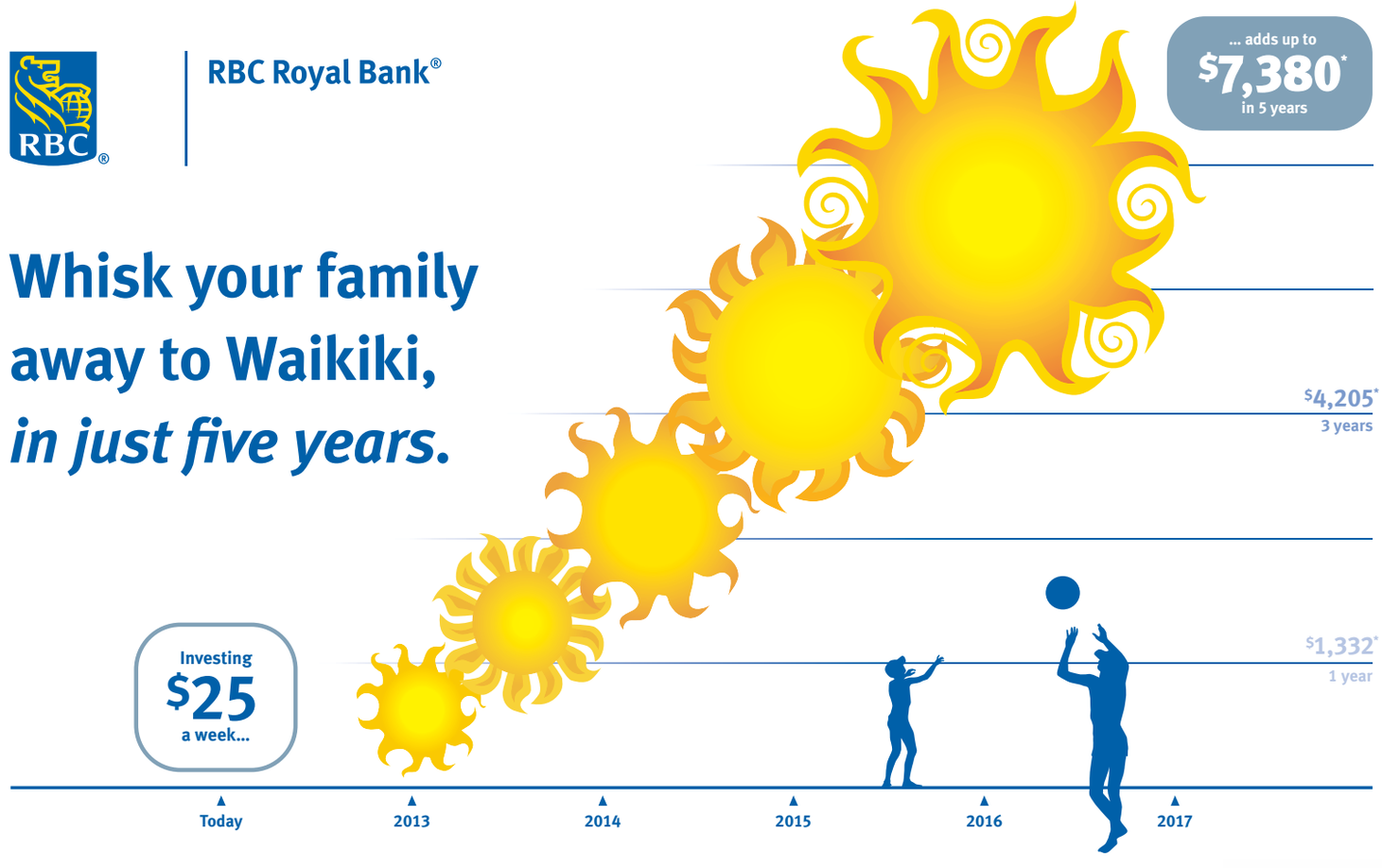
"You don't want to depend solely on it."

Other sources

A business owner's retirement income is likely to come from other sources, including both registered and non-registered investments. An RRSP remains an important retirement-planning tool that generates ongoing personal tax deductions for your contributions. Plus, your earnings will accumulate tax deferred for as long as they remain in the plan.

RBC Royal Bank®

Whisk your family away to Waikiki, *in just five years.*



Investing $25 a week is all it takes to make a family dream trip come true. Start today.

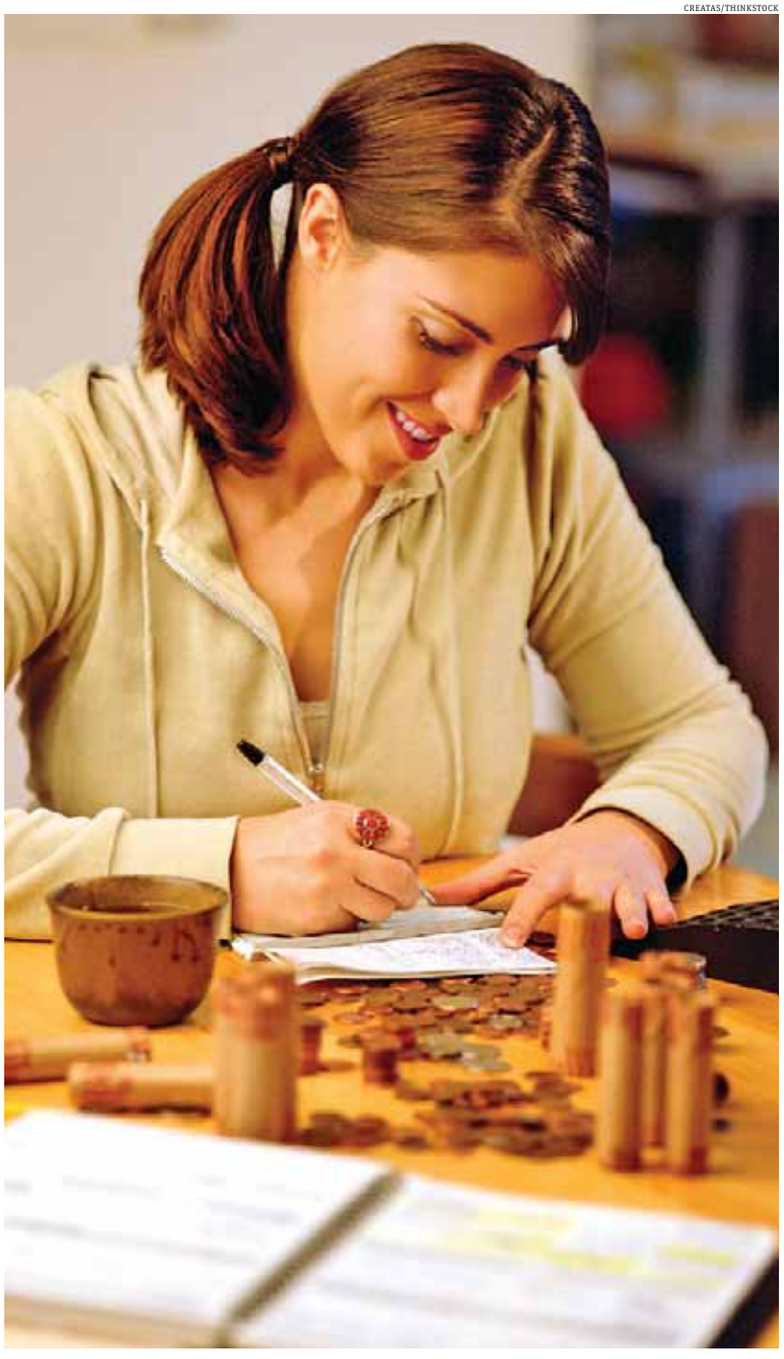
Flying the family to Hawaii. Saving for your children's education. Getting a head start on retirement. Whatever your goal, investing a little each week with RBC Royal Bank® — through regular, automatic contributions — could make it a reality. Not sure how to start? An RBC® advisor is ready to help you choose from TFSAs to RRSPs, and more.

Ready to start? Talk to us.
Visit a branch, call 1-866-808-3178
or go to rbc.com/hawaii

Advice you can bank on™

® / ™ RBC and Royal Bank are registered trademarks of Royal Bank of Canada. © 2011 Royal Bank of Canada. * This example assumes a 5% annual rate of return in a Tax-Free Savings Account. Example is strictly for illustrative purposes only and are not intended to be representati of the performance of any actual or future investment available to investors. Actual client returns may differ substantially. Financial planning services and investment advice are provided by Royal Mutual Funds Inc. (RMFI). RMFI, RBC Global Asset Management Inc., Royal Bank Canada, Royal Trust Corporation of Canada and The Royal Trust Company are separate corporate entities which are affiliated. RMFI is licensed as a financial services firm in the province of Quebec..

CREATAS/THINKSTOCK



Special Considerations

Retirement planning for women can be unique

There are special considerations for women when it comes to retirement financial planning.

Several factors may impact their pension and savings, such as situations where women may leave the workforce to care for parents, children, or both.

Another reality is that women often live longer than men, and when paired with the fact that for many married couples, the husband is older than the wife, this may add up to a longer time in retirement for women than men.

When you consider that data suggests that post-retirement years have stretched to 20 years from 13, or 54 per cent longer, it's clear that a proportionate increase in savings is needed to fund a longer retirement.

"While longevity is exciting when thinking about additional years out of the workforce and more time with family and friends, it may be somewhat concerning when it comes to retirement savings," says Crystal Wong, senior regional manager, TD Waterhouse Financial Planning. "In order to fund a longer retirement, it's essential to start saving as early as possible, and to make smart investments that will provide income in retirement."

"Another reality is that women often live longer than men, and when paired with the fact that for many married couples, the husband is older than the wife, this may add up to a longer time in retirement for women than men."

So what can women do to help ensure their retirement planning is on the right track? Wong offers her suggestions:

- Ensure you have a written, comprehensive financial plan. A recent TD Waterhouse poll found that only 31 per cent of Canadian women have a financial plan. It's an essential way to define your long-term goals, and the steps you will take in the short term to get there.
- Consider working with a financial adviser to ensure your investments match your long-term goals such as retirement, estate planning and kids' education. Advisers can also provide advice on investments to consider if you don't currently have a diverse portfolio. It's important to know that you don't need to have a lot of knowledge to work with an adviser; they will provide the advice, education and updates you need to understand and navigate the financial markets.
- Take an active interest in your family's finances. Even if you are not the one in your family paying the bills or making the investment decisions, it's important to understand where your savings and investments are housed; your family's investing strategy; any tax strategies; and also to know whether loved ones have an estate plan and a will.
- Consider planning for unexpected events. Many Canadians are living beyond their means, leaving them vulnerable to unexpected events, such as the death of a spouse, the loss of a job or the need for major home repairs. A good emergency fund should include six months worth of living expenses should something unexpected happen.

"What's most important is feeling confident that your future is financially secure," adds Wong. "And by having a financial plan that includes a clear retirement savings plan and measures in case of the unexpected, you're in good shape." **NEWS CANADA**

Make an action plan for your savings

You dream about living happily ever after in retirement, but are you taking the right steps to get there?

Too often, the urgency to start thinking about retirement kicks in late. This leaves many Canadians facing the hard truth that, in order to maintain their current lifestyle as well as enjoy the retirement of their dreams, they should have started thinking about it a lot sooner.

Savings vehicles like a pension or RSP account are important tools, but they are not a customized financial plan that addresses retirement needs.

"Relying solely on contributions you have made to an RSP account, along with dependence on government or employer pension programs, can mean you don't have the income you need to lead the lifestyle you're accustomed to in retirement," says Lee Bennett, senior vice-president, TD Waterhouse Financial Planning.

Bennett recommends working with an adviser to help you define the personal financial goals that work best with your lifestyle.

"Together, through ongoing discussions, you can lay out an action plan to reach your short-, medium- and long-term financial aspirations for yourself and your family."

Other retirement considerations may include estate planning, trust and will decisions, or tax-planning strategies. Retirement planning is different for everyone, and involves an integrated approach to ensure you grow into the retirement you have always envisioned.

"What's really important is to make sure that once you have your financial plan, you continue to review and update it." **NEWS CANADA**

GETTY IMAGES/JUPITERIMAGES/BRAND X PICTURES/THINKSTOCK

Using an RRSP to invest in a business

JANE DOUCET
FOR METRO

If you are wondering whether it's possible to use your RRSP to invest in a Canadian-controlled private corporation (CCPC), the short answer is yes — but there are plenty of restrictions to consider on who qualifies.

"There are a lot of details to consider for the worthiness of using cash within your RRSP to buy the shares of a privately held company," says Teresa Black Hughes, a certified financial planner at Rogers Group Financial in Vancouver. "In the end, it may be more of a headache than it's worth."

If you, together with anyone related to you, own 10 per cent or more of the shares of the CCPC, the investment may not be a qualifying RRSP asset.

If you deal at arm's length with the CCPC and the cost of the shares you hold in the CCPC or a related corporation is less than $25,000, you can invest your RRSP in shares of the company.

If you own less than 10 per cent of the shares, there are generally no restrictions on the amount you can invest.

In determining the amount and cost of the shares that you own, you have to consider shares owned by individuals related to you, both inside and outside their RRSPs. Also, all of almost all of the company's assets must be business assets at the time the shares are purchased by your RRSP.

If as a contributing member to the company you plan to develop the value of the company with a direct effect on the shares, the future taxable sum for redemption might be more onerous than having grown the value outside of an RRSP, where the potential sale of shares will only be partially taxable due to capital gains treatment.

"In addition, any distributions flowed out of the shares can be treated more favourably with the dividend tax credit," says Black Hughes.

If all of that sounds too confusing and complicated, there's another more straightforward option.

"Borrowing money to invest in a business is tax deductible," says Black Hughes. "It's a much cleaner way to invest and repay in the future."

WAVEBREAK MEDIA/THINKSTOCK

Scotiabank's 5 Year Plan.

You define richness. With a 5 Year Plan that lets you prioritize and reprioritize, we can help with the money part.

scotiabank.com/5yearplan

You're richer than you think.®

Scotiabank®

® Registered trademarks of The Bank of Nova Scotia.

Savings are meant for your retirement

YLVA VAN BUUREN
FOR METRO

Experts weigh in about whether removing money from your RRSP early is ever the right move. The whole purpose of RRSPs is to have tax-free growth up until the age of 71, explains David Gillan, vice-president of T.E. Wealth.

But financial difficulty such as a bankruptcy or a terminal illness may cause you to look at pulling money out of your RRSPs.

There are costs for early withdrawal including a withholding tax of 10 to 15 per cent. Plus, the amount is added to your income so it may create more tax. Also, when money is deregistered it is not allowed to be put back in.

Two government programs — the Home Buyers' Plan and the Lifelong Learning Plan — allow you to withdraw money from your RRSP and not pay interest on the money or pay withdrawal fees. But you have to pay the money back.

Bev Moir, senior wealth adviser at Scotia McLeod, encourages people not to take money out of their RRSP for any reason.

"An RRSP is there for long-term retirement savings, and I think that you should try to protect that goal as much as possible."

Richard McKenster, past chair of the Institute for Advanced Financial Education and a spokesperson for Advocis, Halifax, adds that a good financial plan should include insurance in case of critical illness.

On the other hand, there may be an opportunity to grow your money differently. "If you have money in an RRSP and you're buying your first home, that's an opportunity," says McKenster. "If you've lost your job, you might look at temporarily drawing some income from the RRSPs. Or maybe there's an opportunity to invest in a business that could provide a better return."

Today, there is value in looking depending on the situation and your risk profile, says McKenster. But be sure to have a financial planner help determine the best and most tax-effective withdrawal.

Need money now?

The tax-free savings account is a flexible, tax-sheltered savings opportunity that provides another vehicle to save money tax free. But it's also another bucket that if people need money for some of these contingencies, they can tap into that, says Moir. The annual contribution limit is $5,000 and while there's no tax deduction for contributions, the account allows tax sheltered gains and tax is not payable on withdrawal.

The early bird gets the best rate.

Special RRSP GIC rate until February 13.

Invest early and get a guaranteed interest rate of 2.00% on a 1-year RRSP GIC for any new BMO® RRSP contributions, plus feel confident your investments are going to grow. It's one more way to keep more of your money.

Visit a branch and talk to a BMO investment professional or call 1-877-CALL BMO today.

For more ways to make sense of saving and investing, follow BMO SmartSteps® for Investing.

2.00%*
1-year RRSP GIC rate.
Limited time offer.

BMO Bank of Montreal
Making money make sense®

*BMO RRSP GICs are issued by Bank of Montreal Mortgage Corporation and guaranteed by Bank of Montreal. The advertised interest rate is an annual rate available on 1 year non-redeemable BMO RRSP Guaranteed Investment Certificates. Offer applies to new contributions to a BMO RRSP only. The offer does not apply to reinvestments. Interest is calculated and paid at maturity. Offer does not apply to online purchases and cannot be combined with any other offer. Offer expires February 13, 2012. The offer is subject to change or withdrawal at any time without notice. There is a minimum investment amount of $1,000. Full terms and conditions are available at bmo.com/gicspecial. ®Registered trade-marks of Bank of Montreal.

YOUR PERSONAL FINANCE GUIDE

FINANCEWORKS.CA BUCKS USUAL DULL STEREOTYPES ABOUT MONEY

ISTOCKPHOTO/THINKSTOCK

A new magazine is out to help Canadians find out more about their money, just in time for tax season.

Launched Feb. 2, FinanceWorks.ca is an online personal finance guide that bucks the usual dull stereotypes about investments, interest rates and insurance, says Bryan Dar Santos, the magazine's founder and editor-in-chief.

"There's so much more out there that most financial advisers and money magazines don't talk about," says the former derivatives licenced trader with TD Waterhouse and investment educator for financial advisers.

FinanceWorks simplifies the gamut of financial products, strategies and issues out there, and shows readers the potential risks and benefits of each, says Dar Santos. Topics range from the real cost of delaying RRSP contributions, to tips for job hunters older than 50, to which is the best rewards program or chequing account. The site even has a control panel from which readers can retrieve financial tools and resources, such as custom calculators and the latest data on RRSPs.

From his experience in the industry, Dar Santos knows there are financial products out there that most people don't fully understand.

Many financial advisers help with some aspects of personal finance, but can't or aren't motivated to help their customers when it comes to areas beyond their focus, he says.

"That's why we do the research for our readers. There are a lot of market products and strategies out there that most people have never heard of, but that can be very useful," says Dar Santos.

"Above all, I would like to see readers take away practical tips from FinanceWorks.ca that they can immediately apply to their own lives. The articles give an impartial perspective on the many different ways readers can earn, grow, save and protect their money.

"Ultimately, I hope Canadians will use the tips to lower their financial stress and save money."

– Stephanie Orford

MORE ABOUT THE MAGAZINE

FEATURES: A control panel where readers can get the latest comparisons of financial products and strategies, custom financial calculators, stock and fund quotes and more

SUBSCRIPTION: Register free and get a complimentary issue plus the basic control panel. Full-access subscription is $35 per year for 12 issues

FIND IT AT: FinanceWorks.ca

WHY YOU SHOULD BE FINANCIALLY LITERATE

KNOW WHAT'S GOING ON WITH YOUR FUNDS

There's a financial literacy movement underway in Canada. More and more Canadians are searching for their own answers when it comes to managing their money, according to Bryan Dar Santos, founder and editor-in-chief of personal finance magazine FinanceWorks.ca.

"No one cares about your money more than you do, so the question is — why do so many of us rely on a third party to make our critical financial decisions?" he says. "It's your money. You should know what's going on with it."

There are many common misconceptions when it comes to personal finances, says Dar Santos. Many Canadians think they need $100,000 if they want to start investing, he said.

"For many of the market products out there, you only need a couple thousand dollars to try them out," says Dar Santos. "That way, your risk is relatively low, and you can get acquainted with the market."

DIGITAL VISION/THINKSTOCK

Another lesser-known fact is that there are so many accessible investment products out there other than stocks, bonds and funds. Certain mortgage products, for example, yield a higher rate than a bond, but are less volatile than a stock. Not to mention investing in these alternatives lets you diversify your portfolio into products that are not so closely tied to the stock market, says Dar Santos.

Dar Santos's No. 1 money management rule is, "If you don't understand it, don't buy it."

What people don't often realize is that "you don't have to be a financial guru to invest wisely," says Dar Santos, who has presented countless seminars on basic and advanced trading strategies.

Now the Internet and websites like FinanceWorks.ca are making it possible for Canadians to educate themselves and find out how to make the best financial decisions for themselves, he says.

"It starts with prudent money management and knowing that you can improve your life."

– Stephanie Orford

SAVING MONEY

Tips from FinanceWorks.ca's Bryan Dar Santos:

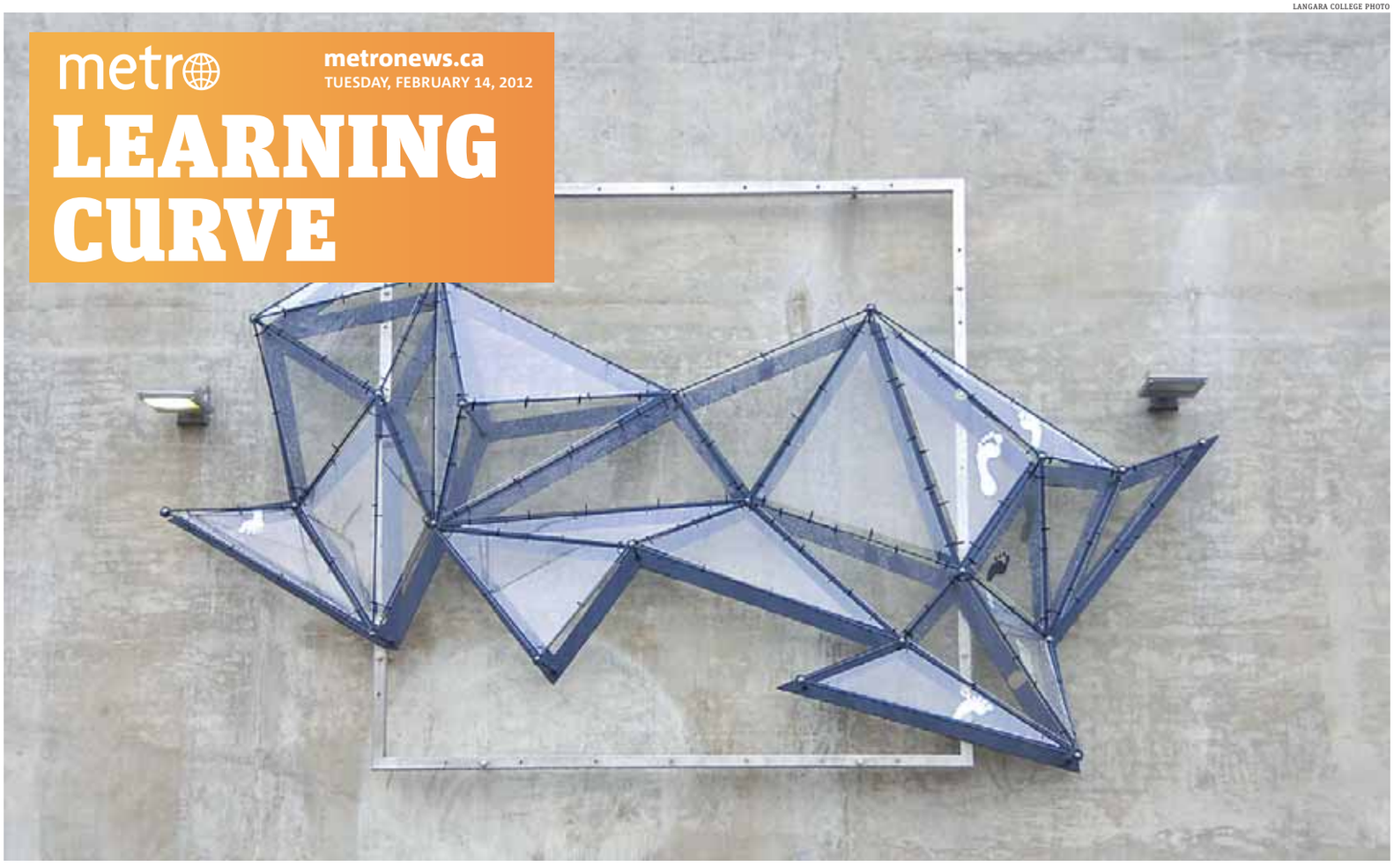
LIFESTYLE TIP: Know the cost of a product before you go shopping and comparison shop if you can. Compare the cost per weight or unit, and depending on the store, with specials such as "two for $5," you can sometimes buy just one for $2.50 at the same so-called sale price.

TAX TIP: Save your receipts. You may be able to write off car mileage, meals and other expenses.

RRSP TIP: Consider using a TFSA when you are in a low tax bracket and maximizing your tax benefit from RRSPs by holding off contributions until you are in a higher tax bracket.

TRADING TIP: Before you place your trade, have an exit strategy in mind. At what level of profit will you be happy and what is the maximum loss you are willing to accept? Use a disciplined strategy and you will sleep better! *– Stephanie Orford*

LANGARA COLLEGE PHOTO



Langara College says Tread Lightly

DANIEL HENDRIKSEN
FOR METRO

The Canada Line station at 49th Avenue and Cambie Street is a little more eye-catching these days. This after a group of Langara College students unveiled a piece of artwork on the outside of the west wall of the station.

The piece, Tread Lightly, is made of steel rod, acrylic, and wood sculpture, and is sprinkled with the footprints of the 11 students from Langara's Public Art Studio Practice class, who contributed to its construction.

The artwork is designed to bring to mind the ideas of travelling through nodes and connections, as well as climate change and the carbon footprint of each human being.

"The collaborative process was very exciting — as was the fact that this was completely student-generated and student-built," instructor Luke Blackstone said in a press release. "This project is the first of its kind for creative arts students at Langara. There are literally thousands of viewers who will see this installation every day."

Tread Lightly, which took almost an entire semester to complete, is part of a new public art initiative between Langara and InTransit B.C. It will remain on the station wall for six months before being replaced by a new piece of artwork.

Capilano students advance to film finals

Capilano University will be well represented in the finals of the Crazy8s eight-day filmmaking extravaganza. Four of the 13 finalists are representatives of the North Vancouver institution.

The finalists and their films that will be representing Cap U at the competition are as follows:

Babies in the Wall by Doreen Manuel, co-ordinator of Capilano's Indigenous Independent Digital Filmmaking program; The Vessel by Marshall Axani, Cap U Motion Picture Arts grad and Motion Picture Production Industry Association emerging director award winner; Nudis by Wayne Robinson and Nigel Edwards, a Year 2 Cap U Motion Picture Arts student; and A Mother's Love by Camille Mitchell, a Capilano Documentary grad.

Now in its 13th year, the Crazy8s filmmaking extravaganza accepted 118 short film entries. After being judged by a jury of industry professionals, the field was cut down to 40 films for the semifinals before finally being cut again to the remaining 13.

When all is said and done, six winners will be announced and they will each receive $800 and a production package to shoot their films in an eight-day period. The finished products will be screened March 30 at a gala.

For more, see crazy8s.cc.

Register Now For Spring Courses

Canadian Health Care Academy

Biology for Nursing starts March 19
Mathematics for Nursing starts February 27
Access to Practical Nursing starts March 12 (34 week program)
Practical Nursing starts March 12 (52 week program)
Graduates start at $27 per hour!

FREE LAPTOP with all Full Time program registrations.

Information Session: February 21 • 6:00 PM - 8:00 PM

052411

Call for details: 604.540.2421 • info@chcabc.com • www.chcabc.com • Bursaries also available - Call for details.

BCIT radio celebrates 30 years

DANIEL HENDRIKSEN
FOR METRO

ISTOCKPHOTO/THINKSTOCK

Members of the British Columbia Institute of Technology's (BCIT) Broadcast and Media Communications department celebrated an anniversary Jan. 22, which marked 30 years since their campus radio station (then known as CFML) first hit the airwaves.

The first song — Listen To The Music by the Doobie Brothers — was played by student Gary Russell and things took off from there. CFML — now known as Evolution 1079 — was originally a closed-circuit station, but shortly after that it received a carrier current licence and the signal reached three campus areas.

"You could hear us on the AM band if you were driving by on Willingdon Avenue or in the back parking lot, but that was about it," Brian Antonson, former associate dean of Broadcast and Media Communications, said in a press release.

These days, with a new licence, the station transmits over the air on the 107.9 frequency and listeners can also stream it online.

UBC opens offices in two Indian cities

In an attempt to strengthen its relationship with India, the University of British Columbia (UBC) has opened a pair of offices in the cities of Bangalore and New Delhi.

The Vancouver-based university's Sauder School of Business has also announced memorandum of understandings (MOU) with both the Indian Institute of Management Bangalore and the Indian Institute of Technology Madras.

The announcement comes after B.C. Premier Christy Clark's trip to India in late 2011. In a press release, Clark stressed the significance of creating educational partnerships with post-secondary schools internationally.

"International education is an important part of B.C.'s Jobs Plan," said Clark. "The opening of the UBC India office will showcase educational opportunities available in B.C., as well as support future partnerships and academic exchanges."

UBC feels the new MOUs along with the offices in India will be a gateway to engage directly with key academic, government and business stakeholders in India.

"Our new office in Bangalore puts UBC and Sauder on the ground in a country that will influence global economic growth for the next century," said Sauder School of Business dean Daniel Muzyka.

Douglas opens new Aboriginal gathering place

First Nations students at Douglas College now have a spot where they can relax, study and get in touch with their Aboriginal culture.

With the help of B.C. Lt.-Gov. Steven Point, Douglas opened the new Aboriginal Gathering Space at its New Westminster campus in late January.

Chief Rhonda Larrabee of the QayQayt Nation was also on hand to open the 175-square-metre facility, which is located on the fourth floor of the school's south building. An additional feature is a smaller adjoining room designed for meetings, potlucks and a staging area for Aboriginal dancers.

The new gathering place is also home to a cedar brushing of commissioned artwork done by Coast Salish artist Susan Point. The piece displays the culture of Aboriginal Peoples and includes a four-metre traditional welcoming pole, which faces the Fraser River.

For more on the Aboriginal Gathering Place, visit douglascollege.ca.

Flexible.

Like you. | Once upon a time, you couldn't use the words 'university' and 'flexible' in the same sentence. Well that's not the case anymore. With year-round admissions, monthly start dates and online courses to fit your schedule, **Athabasca University** is ready when you are. Learn more at **explore.athabascau.ca**.

Athabasca University

UBC seeking experience

Getting accepted into the University of British Columbia (UBC) has recently become a bit more difficult. The post-secondary school has expanded its broad-based admissions concept to all direct-entry undergraduate programs.

This application process is based not only on one's high school grades, but also their personal life experience. Prospective students will now be required to answer four to six "personal profile" questions in addition to providing their secondary school marks.

"The feedback from the business community about the calibre of our graduates has been tremendous."
DANIEL MUZYKA, DEAN OF SAUDER SCHOOL OF BUSINESS

This application concept is not completely new at UBC, as its Sauder School of Business has been using the broad-based admissions process since 2004. A few other programs have also picked up the theme in recent years and just last year, 25 per cent of first-year students were admitted using broad-based admissions.

According to Daniel Muzyka, dean of the Sauder School of Business, they have had tremendous success using this process and it reflects on their recent graduates.

"The feedback from the business community about the calibre of our graduates has been tremendous," Muzyka said in a press release. "Focused, bright and collaborative, the students have the dynamic qualities necessary to find success and take on leadership roles." DANIEL HENDRIKSEN

GETTY IMAGES/JUPITERIMAGES/COMSTOCK/THINKSTOCK

Break time

Make the most of your reading week

JON TATTRIE
FOR METRO

While American spring break conjures images of booze-filled partying, Canadian reading week summons scenes of caffeine-filled studying. Experts say the way to make the most of your February break is to combine academic catch-up with personal downtime.

Kristi Kerford, acting associate vice-president of student services at Ontario's Trent University, polled staff and students for their best approaches to the break.

"One of the key things that came up was thinking of it as being a balance of a reading and academic time, and also being time for yourself," she said.

On the personal side, you should recharge yourself. Sleep in, visit friends and family, and get to all those personal issues you have been putting off. She suggests setting a schedule for the week. If you are sharpest in the morning, do your academic work then and save afternoons and evenings for personal time.

"On the academic side, you want to be thinking about either catching up or getting ahead of your reading and course work," she adds.

If you are heading away for the break, pack thoughtfully. Some course materials are online, while others will require you to bring books.

Kerford says students should start thinking about summer job opportunities.

"If I'm going to my parents' home and I want to work there in the summer, that's a great opportunity to do some informational interviewing," she says. "You may not be back there again until the summer."

Erin Kaipainen, director of the Centre for Community-Engaged Learning at the University of Calgary, says some students use the week to learn about the real world and make an impact.

"We find students really want to be involved in their community, they want to be learning about issues affecting Calgary and other places, but sometimes it's challenging to fit that into their (academic) calendar," she says.

Hence the Alberta university's reading week programs.

This year, one is a digital storytelling project with vulnerable youth in Calgary while another sends students to New Orleans to learn from and help with that community's post-Katrina recovery.

Schools among top 60 employers

Four Lower Mainland post-secondary institutions have been named among British Columbia's top 60 employers for 2012.

The University of British Columbia (UBC), Simon Fraser University (SFU), Kwantlen Polytechnic University, and the British Columbia Institute of Technology (BCIT) recently received the esteemed distinction.

Mediacorp, Canada's leading employment periodicals publisher, issued the list of the province's top employers each of the past eight years. All four of the schools made the list last year as well, while UBC, SFU and Kwantlen have made the cut each of the past five years.

Any employer with its head office or principal place of business in B.C. is eligible for the competition. Applicants are rated on eight different criteria — physical workplace; work atmosphere and social; health, financial and family benefits; vacation and time off; employee communications; performance management; training and skills development; and community involvement.

DANIEL HENDRIKSEN

FUTURE BUSINESS LEADERS WANTED.

CMAs are leaders in strategic financial management. As a CMA, your future is unlimited. You will have increased earning potential, career advancement and stability.

Find out more about the CMA designation and the CMA QuickStart and CMA Accelerated Program at:

Wednesday, February 22, 2012, 5:00 - 6:00 pm
Shangri-La Hotel, Blue Moon Theatre
6th Floor, 1128 West Georgia, Vancouver

CMA INFORMATION SESSIONS
Every Thursday, 12:00 - 1:00 pm
CMA Office, Suite 1000
900 West Hastings Street, Vancouver

RSVP to cmabc@cmabc.com, 604.687.5891, or visit cmabc.com.

CMA Certified Management Accountants™

®/™ Registered Trade-Marks/Trade-Marks are owned by The Society of Management Accountants of Canada. Used under license.

Kwantlen student experiences 'war'

For students entertaining a career in the world of journalism there are countless avenues in which to specialize. Most students end up covering general news or sports, but some choose to focus on a particular interest.

Kwantlen Polytechnic University student Hayley Woodin is a member of the latter; however, her interest is conflict-zone reporting.

Woodin, a third-year student at Kwantlen, recently returned home from Wainwright, Alta., where she took on the role of a journalist at a Canadian Forces military base during a large-scale military exercise.

While it was fictional, the exercise was designed to feel real. Woodin was part of a news team that put together a 12 to 15 minute newscast every night and a newspaper every morning. In a press release, she said it was something she will never forget.

"It was a phenomenal experience, unlike anything I've ever done," said Woodin. "It tested me mentally and physically, and I've become a better journalist and better person because of that."

DANIEL HENDRIKSEN

Make a checklist for midterm study

RICHARD WOODBURY
FOR METRO

Midterms can be a stressful time for students. To cut down on stress levels and be well-prepared for them, students should begin preparing well before the test date.

"Ideally, studying starts Week 1," says Joanne Mills, the co-ordinator of counselling services at Mount Saint Vincent University in Halifax.

By studying on a regular basis, students won't have to cram when midterms arrive. That being said, students need to have proper study habits to succeed. Just reading (and re-reading) material isn't sufficient.

"In order to make a memory, you have to do something active with the material," says Alison Parry, a learning specialist with Capilano University in B.C.

She says some examples of this are by reading out loud, explaining what one is learning to somebody else, and drawing and labelling diagrams.

"Learning is doing," says Parry.

Part of that study process should involve rewriting notes and better organizing them because when professors lecture, students usually rush to write down what is being said, so the original notes are often not structured well.

Better structured notes help make the information easier to remember and comprehend.

When students learn of a midterm approaching, they shouldn't dive into the books, but rather they should go over a type of checklist.

Parry recommends students find out what topics the exam will include and make sure they aren't missing any relevant notes.

They should then create a study plan.

Isabelle Abdul-Rahman, a counselling psychology intern at McGill University, recommends students' study plan be specific and have detailed strategies.

For example, these plans should say something like, "I'm going to read Chapter 1 of my economics textbook at the library between 2 p.m. and 3 p.m.," as opposed to saying something vague like, "Study for economics midterm."

The plan should be measurable so the student can see if the specific actions have been completed.

Get your rest

- **It might be tempting** for students to skimp on sleep during midterms so they can study more. That's a bad idea.
- **Karen Kovach**, the associate director of learning resources at the University of Alberta, says research has found students who follow their regular sleep patterns get 30 per cent better marks on exams than students who change their sleep patterns.

GETTY IMAGES/JUPITERIMAGES/COMSTOCK/THINKSTOCK

BCIT works.

Wherever you are, a BCIT grad is making an impact. With one of the highest graduate job placement records in BC, the proof is right in front of you.

Look around.

bcit.ca/works

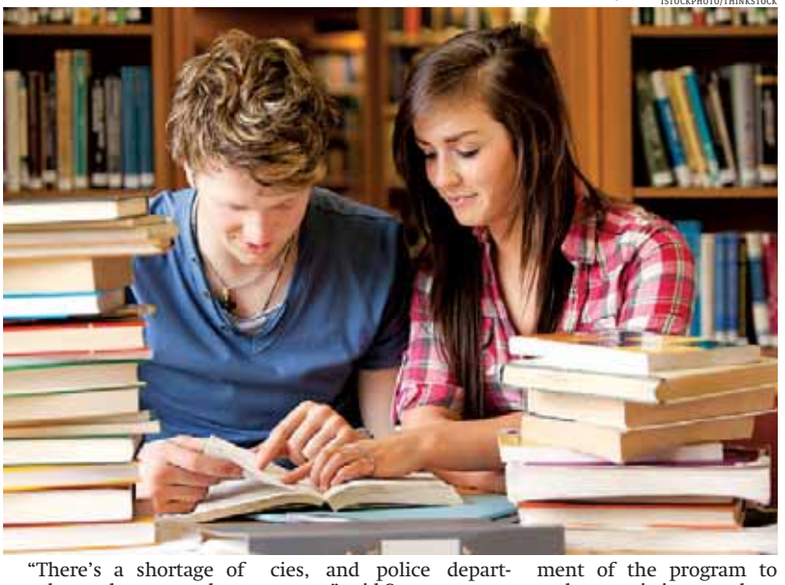
BCIT®
It's your career.
Get it right.

DRAKE MEDOX COLLEGE
CALLING ALL CARE AIDES!
Get your Health Care Assistant Diploma Program ONE COURSE AT A TIME
That's right. Take courses when YOU can afford them and EARN CREDITS TOWARDS YOUR DIPLOMA.
Call now, 604.629.0196, for more information!
604.629.0196 • www.drakemedoxcollege.com
210 - 535 W 10th Ave, Vancouver BC
PCTIA ACCREDITED

UFV offers data analysis

DANIEL HENDRIKSEN
FOR METRO

ISTOCKPHOTO/THINKSTOCK



The University of the Fraser Valley (UFV) has announced it will be offering a data analysis post-degree certificate starting this fall. The new program will be one of a kind in Western Canada, and is designed to give students an edge entering the job market.

"It's a matter of a more traditional job description moving forward and meeting the needs of the community," Ora Steyn, UFV acting dean of science, said in a press release. "We're working to provide our students with the knowledge to fill an important gap in the market."

Throughout the course of the program students will not only learn how to make sense of data, they will also learn how to gather and clean that information, and then assess it for quality.

"There's a shortage of people out there to analyze data, whether for large employers like Facebook or Twitter, or for many local workplaces such as banks, government, health agencies, and police departments," said Steyn.

UFV consulted numerous organizations including ICBC, Vancouver Coastal Health, and SAS Canada in the development of the program to make sure it is up-to-date.

Applications are currently being accepted for fall intake. More information can be found at ufv.ca/data.

Osteopathy provides the necessary therapeutic reasoning skills and manual treatment approaches to achieve **optimal results** with even the most complicated patients.

Osteopathic manual treatment focuses on detecting areas of restrictions at any tissue level that may be interfering with the body's regular functions. Restrictions are detected through the osteopath's delicate proficiency at palpation. The transmission of the art of palpation is a time-honoured tradition which the faculty of the CEO takes great pride in sharing with the students. The ability to palpate precisely distinguishes osteopathy from all other forms of medicine and therapy.

Following a thorough history taking, the patient is assessed in detail and treated with minimal intervention techniques in order to achieve maximal results. Viewing the body as a whole, the osteopathic approach recognizes that the tissue's mobility has a direct impact on all of the body's functions from digestion to breathing to locomotion. Osteopathy functions by assisting the body's natural healing ability, allowing areas of restriction to regain as much of their former mobility as the body will comfortably allow.

The educational program is designed with busy practicing health-care practitioners in mind. Courses are held over weekends to minimize time lost from current employment. Each year of the 5 year program hosts 6 seminars, spaced evenly throughout the academic year. Followed by a research project.

Upon completion of the program, graduates receive a Diploma in Osteopathic Manual Practice (D.O.M.P.). Graduates enjoy career satisfaction.

College of Osteopathic Studies
CEO (Osteopathic Studies) Inc.
and British Columbia School of Osteopathic Manual Practice

30 years of experience in the Traditional Manual Practice of Osteopathy

6 Canadian campuses

Montréal - Halifax - Vancouver -Québec - Toronto - Winnipeg

For information
1-800-263-2816 ext. 229
info@ceo.qc.com | www.ceo.qc.com

5378.0117

UBC fund pays off

DANIEL HENDRIKSEN
FOR METRO

CREATAS/THINKSTOCK

A new University of British Columbia (UBC) entrepreneurship fund has handed out its first investment to students in a joint Sauder School of Business–UBC Engineering undergraduate class.

Aeos Biomedical secured the $50,000 equity investment by winning the first seed funding competition. The competition was part of the entrepreneurship@UBC Seed Accelerator, an investment fund created in partnership between UBC, UBC alumni and the province.

"The fund is a cornerstone of our overall entrepreneurship@UBC initiative," program director Carol Leacy said in a press release.

"Making our first investment marks a significant milestone in moving the whole initiative forward."

Aeos Biomedical's product, Target Tape, is what won them the inaugural competition, which saw five groups pitch their ideas to a panel of investors and entrepreneurs. Target Tape is a medical adhesive tape designed to allow doctors to make more precise incisions during surgery.

Target Tape was invented by undergraduate engineering students Patricia Backlund and Colin O'Neill. Commerce students Nicholas Seto, Wylie Spencer and Emi Yamada developed the concept. Their next step is to bring the product to the market.

VANCOUVER CAREER COLLEGE
Thinking About a Legal Career?
Every day, our legal system impacts the lives of real Canadians. If your vision for the future includes a rewarding career in this vital and dynamic industry, Vancouver Career College may be the secret to your success.
Train today to become a Paralegal or Legal Administrative Assistant!
Additional programs available:
• International Trade
• Accounting & Payroll Administrator
• Early Childhood Education
• Construction Electrician Foundations
• Medical Office Assistant
• Practical Nursing
• And More
CONTACT US FOR MORE INFO
CALL: 1.866.306.6766
VISIT: learn.VCCollege.ca
facebook /VancouverCareerCollege
twitter/VCCollege
YouTube /VCCollege

BCIT works.

ENGINEERING

Put your ideas into action with BCIT's engineering programs. Choose from:

> Civil engineering
> Electrical engineering
> Mechanical engineering
> Graduate program in Building Science

Learn more.

bcit.ca/engineering

BCIT® It's your career. Get it right.

PATTISON High School
GRADE 8-12
Intake: May / July / Sep 2012
THE BEST CHOICE TO ENTER A TOP UNIVERSITY
"... we don't teach a class; we teach individual students in a class..."
Photograph by Brett Beadle
Quotation from the BC Ministry of Education: "The educational program at PHS has a clear focus on blending their vision statement with the goals of academic education, resulting in a very well-balanced program."
Tel: 604.608.8788 Direct: 604.710.8399
981 Nelson Street, Downtown Vancouver
www.pattisonhighschool.ca | admissions@pattisonhighschool.ca

FITNESS LEADERSHIP DIPLOMA PROGRAM
BECOME A PERSONAL TRAINER
• Receive Your Diploma In 4 Months
• Earn Up To $70/Hour
• Job Placement Assistance
Enter to WIN Free Tuition
HILLTOP ACADEMY
(604) 930.8377
www.hilltopacademy.ca

'Green' honour for Kwantlen library

DANIEL HENDRIKSEN
FOR METRO

A number of "green" features have landed the Coast Capital Library at Kwantlen Polytechnic University's Surrey campus a prestigious environmental honour.

The library was recently awarded the Leadership in Energy and Environmental Design (LEED) Gold certification. The award comes thanks to the facility's natural ventilation, and the fact that it consumes 65 per cent less energy compared to the model National Building Code. On top of that, more than 40 per cent of the building materials used in the structure were sourced from within 800 kilometres and are 26 per cent recycled material.

A ceremony to mark the distinction was held Jan. 18 at Kwantlen. Surrey city Coun. Marv Hunt was on hand to congratulate school officials, as well as Teresa Coady, an architect from Bunding Coady Architects.

> **"We are proud of our efforts and achievements under this program ..."**
> KWANTLEN PRESIDENT JOHN MCKENDRY

In a press release, Kwantlen president John McKendry spoke about the pride his school takes in such an honour.

"We are proud of our efforts and achievements under this program, which measures design, construction and operations of green buildings," said McKendry. "This project is Kwantlen's second certification in Surrey."

ISTOCKPHOTO/THINKSTOCK

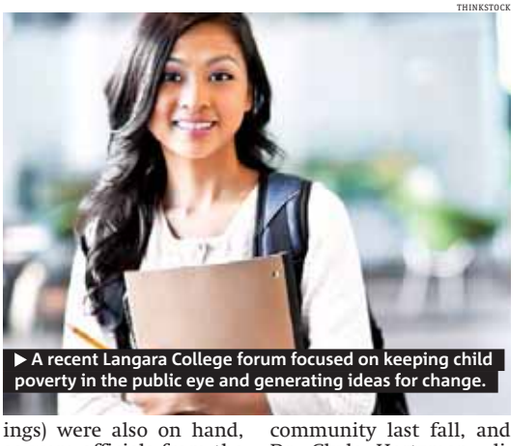
VANCOUVER NEEDS HEALTH CARE ASSISTANTS

TAKE OUR HEALTH CARE ASSISTANT (HCA) PROGRAM IN JUST 27 WEEKS
*3 CLINICAL PLACEMENTS
*8 ADDITIONAL CERTIFICATES
$700 IN BURSARIES AVAILABLE TO ALL STUDENTS IN ADDITION TO GOVERMENT FUNDING
TAKE THE HCA PROGRAM IN BC AND WORK IN ALBERTA
ALREADY WORKING AS AN HCA AND WANT TO WORK IN A HOSPITAL?
PC3 is one of only 2 schools in Vancouver that offer the
ACUTE CARE AIDE CERTIFICATE PROGRAM
Call today for more info
604-730-1106
PCTIA ACCREDITED
202 - 1338 W. Broadway
Vancouver, BC, Canada
www.pacificcoastcommunitycollege.com
PC3 Pacific Coast Community College

Langara College tackles child poverty

DANIEL HENDRIKSEN
FOR METRO

THINKSTOCK



▶ A recent Langara College forum focused on keeping child poverty in the public eye and generating ideas for change.

There was no lack of support at a recent Langara College forum called End Child Poverty Now!

With a title like that, it's no wonder hundreds of people showed up at the school to show their passion for the cause. Instructor Fran Grunberg from Langara's Social Service Worker program organized the event, with the aim of tackling B.C.'s child poverty rate, which has been the worst in the country for each of the past eight years.

Inner-city teachers, policy strategists and charity directors were among the eight panellists who led the discussion. MLAs Jenny Kwan (Vancouver – Mt. Pleasant) and Shane Simpson (Vancouver – Hastings) were also on hand, as were officials from the Vancouver School Board and representatives of several local charities.

Some of the notable panellists included Carrie Gelson, who wrote an open letter about the child poverty crisis to the community last fall, and Dr. Clyde Hertzman, director of the Human Early Learning Partnership (HELP) at the University of British Columbia.

The goal of the forum was to keep child poverty in the public eye and to generate ideas for change.

BCIT constructs.

SHEET METAL WORKER FOUNDATION

Train now to fill the growing need for sheet metal workers. Be ready to work as an apprentice after just 20 weeks of training.

Apply now for September.

HRDC funding may be available to qualified applicants.

Join us for an information session:
Monday, February 20, 7–8 pm
BCIT Burnaby Campus
Building NE1, Room 142

Register at **bcit.ca/infosessions**

bcit.ca/sheetmetal

BCIT® It's your career. Get it right.

Discover opportunities at VCC

It's a good feeling to land a great job. Talk to VCC about your career options at one of these free information sessions:

Program	Campus
Transportation trades Tuesday, Feb. 14, 21 & 28, 11 a.m. – lobby, building B	Broadway
Teaching English to speakers of other languages (TESOL) Tuesday, Feb. 14 & 21, noon – room 518	Downtown
American Sign Language (ASL) and Deaf studies Thursday, Feb. 16, 6 p.m. – room 2555	Broadway
Dental hygiene/dental hygiene access for CDAs Thursday, Feb. 16, 6 p.m. – room 501	Downtown
Career planning and job search courses Monday, Feb. 20 & 27, noon – room 236	Downtown
Esthetics Wednesday, Feb. 22, 4:30 p.m. – room 201	Downtown
Hair design Wednesday, Feb. 22, 4:30 p.m. – room 201	Downtown
Music Thursday, Feb. 23, 1:45 p.m. – room 1228	Broadway

Downtown campus is located at 200-block Dunsmuir at Hamilton, two blocks west of Stadium SkyTrain station.

Broadway campus is located at 1155 East Broadway, one block west of Clark Drive and across from VCC/Clark SkyTrain station.

Visit **www.vcc.ca** or call **604.443.8453**.

View all VCC Info sessions and tours

vcc.ca Vancouver Community College

EASY WAYS TO KEEP THE ROMANCE BURNING

WAVEBREAK MEDIA/THINKSTOCK

SURE, WE START WITH SEXUAL SIZZLE, BUT SOMETIMES IT JUST FIZZLES

Indeed, few couples can maintain the heightened rabbit-paced sex habits so rampant early on in a relationship, but some do manage to keep the romance burning.

What's the secret?

A combination of effort, awareness and novelty does the trick.

While a study published this month online in the Journal of Sex and Marital Therapy found that women ages 18 to 25 in monogamous relationships gradually lose sexual interest, don't fret — you don't have to let your below-the-belt desires shrivel.

The University of Guelph researchers behind the study, Sarah Murray and Robin Milhausen, suggest the end of the "honeymoon phase" could tie into waning female desire.

Thankfully, past studies have found that sex actually improves in committed relationships, compared to one-night stands.

"Long-term, people find sex with someone they love more satisfying," says Dr. Oren Amitay, registered psychologist and instructor at Ryerson University.

There is, however, a natural drop in sexual appetite as time passes.

"Very rarely are you going to have the same passion you had when you started," says Amitay.

"The reason it goes is familiarity. That's why novelty is so important. Basically, we become used to something, and naturally our physiological response decreases."

Other explanations may include built-up resentments and increased responsibilities.

For couples looking to restore bedroom bliss, small steps are advisable.

"Very few people will turn down a massage," offers Amitay.

"Then move onto a full-body massage. You can slowly introduce more and more."

Meanwhile, a visit to a reputable sex shop (most are housed with educated and approachable staffers) is a fun way to inspire discussion and keep things fresh. Consider buying an erotic video, book or new adult toy.

"A lot of people don't realize you have to work at it," says Amitay.

"Almost every couple has a decrease. You can't expect partners to be as passionate 20 years later, but you can re-ignite the passion."

– Tanya Enberg

SIZZLE STARTERS

- Waiting for the sexual magic to happen spontaneously can prove unsuccessful. Jot lovemaking down on the calendar if you need to, but be proactive
- Book a sitter and plan regular date nights
- A stress-free reprieve is the perfect way to reconnect emotionally and physically

SHARE THE BUZZ

CANADIAN-MADE WE-VIBE 3 REVOLUTIONARY, RECHARGEABLE AND BODY SAFE

Gone are the days of dark, cave-like sex shops where customers secretly slink in and quickly back out into the shadows.

Personal pleasure, once considered predominantly a man's sport, has gained prestige, popularity and social acceptance among many women, who are quick to share trade secrets among their girlfriends.

It may be this more open information exchange that has made the Canadian-made We-Vibe — a cleverly designed toy created to amp up the pleasure of couples' play — the number one selling couples' toy among playful pairs around the globe.

It has a revolutionary shape, which simultaneously stimulates the G-spot and clitoris, and a unique benefit that appeals to both genders (worn while making love).

The We-Vibe, launched in 2008, continues to stretch the limits of our bedroom romps beyond the commonplace phallic fare typically available.

The We-Vibe 3, the latest version of this environmentally friendly find (it's rechargeable and body safe, made with medical-grade silicone and 100 per cent lead free), is touted as the most powerful to date with 40 per cent more rev.

Added bonus(es) — it comes with a wireless remote control to switch between the six vibration modes (for all kinds of imaginative fun) and it's completely waterproof!

Also making orgasmic waves are the company's three super-powerful, yet highly-compact offerings: The Touch (a hand-held personal massager); the lipstick-shaped Tango, and the Salsa, a classic mini vibrator.

For more product info, visit we-vibe.com ... then go ahead and share the buzz with your pals.

– Tanya Enberg

Speedflirt

He winks, *she winks back*
She flirts, *He flirts back*

Introducing Speedflirt, a flirty new app for meeting singles in your city looking for love or friendship.

Create a profile, browse profiles and find your match!

Download and install the free app for your mobile device - available on the App Store or also available in Android Market.

Available in Android Market

Available on the App Store

We wanted to know a little about *flirting* and *love* from our Metropolitans, this is what they had to say:

How important is it to find and/or keep love in 2012?

Important 28%
Neither important or unimportant 17%
Unimportant 5%
Very Unimportant 4%

ONLINE DATING

34% have tried it
29% have never tried online dating, but would give it a shot

38% of Metropolitans do all the flirting...

While 62% stand back and wait to be flirted with!

Where's the best place to flirt?

At a Party 25%
• Pub 13% • Work 11%
• Online 7% • Grocery Store 6%
• Nightclub 6% • School 5%
• Mall 3% • Gym 2%

When flirting, how forward are you?

19% Subtle like a ninja!
4% Forward. Bull in a china shop.
35% A little bit of both

Metropolitan Panel is an online research panel dedicated to dialogue with you! When you participate, your voice joins thousands of others in 14 countries. Sign up for the panel at metropolitanpanel.ca, choose your country and joint he global conversation!

Source: Metropolitan Panel Survey; 352 Respondents; January 2012

Join TODAY at metropolitanpanel.ca

Metropolitan Panel

WagJag.com

DEAL OF THE DAY!

$89 FOR AN INFRARED BODY WRAP, A MUD WRAP, 2 INFRARED SAUNA SESSIONS, PLUS YOUR CHOICE OF MASSAGE OR REFLEXOLOGY AT ZEN MED SPA (A $322 VALUE)

HIGHLIGHTS

- Relaxing, calming atmosphere
- Treatments to help stimulate metabolism, relieve pain, help provide energy, strengthen the cardio-vascular system and more

Regular Price: $322.00

You Save: $233.00

Discount: 72%

CURRENT DEALS

$29 FOR $60 TOWARDS WINEMAKING SERVICES AT WINE KITZ - CHOOSE FROM 2 LOCATIONS

HIGHLIGHTS

- Quality winemaking kits
- State-of-the-art facility
- Premium ingredients
- Wide variety of flavours to choose from

$24 FOR 2 PAIRS OF 800 DEN ECO-THERMAL LEGGINGS FROM IT SOCKS (A $64 VALUE)

HIGHLIGHTS

- Made with fabric containing bamboo charcoal
- Moisture-wicking material keeps skin dry and warm in cold weather
- Spend $35 or more on any order to receive an additional $5 off

$99 FOR A PAIR OF WOMEN'S PURSE N' BOOTS FROM ELIZABETH ANNE SHOES (A $399 VALUE)

HIGHLIGHTS

- Redeem online
- Boots with interior pockets to store purse items
- High-grade Nappa leather and 3mm rubber soles
- Available in sizes 6-10

Visit: WagJag.com

Follow us on: facebook.com/wagjag @wagjagvancouver

Hurry to WagJag.com to purchase local deals before time runs out.

Canucks recover in shootout

Phoenix equals score with two minutes left, but Kesler clinches two points for Vancouver

Ryan Kesler scored the shootout winner Monday as the Vancouver Canucks continued their bid for the Western Conference lead with a 2-1 win over the Phoenix Coyotes.

Kesler got the decisive goal in the sixth round of the shootout when he deked goalie Jason LaBarbera and beat him with a low shot to the stick side.

Cody Hodson, Alex Edler and David Booth also scored in the shootout for the Canucks. Booth also gave the Canucks a 1-0 lead midway through the second period.

Ray Whitney, Gilbert Brule and Mikkel Boedker scored in the shootout for Phoenix before Canucks goalie Roberto Luongo outwaited Boyd Gordon.

Vancouver closed to within two points of the idle Detroit Red Wings atop the West and have a game in hand.

The Canucks (35-15-6) halted a season-high five-game Phoenix win streak to improve to 7-0-3 in their last 10 games.

The Coyotes (27-21-9) moved three points up on Calgary and Colorado in the battle for the conference's final playoff spot.

Keith Yandle forced overtime for the Coyotes with 2:06 remaining when Phoenix earned a faceoff in the Vancouver zone after an icing call against the Canucks.

The Canucks couldn't clear and Byron Bitz failed to chip the puck past the Phoenix defenceman who slid the puck inside the post on Luongo's stick side.

Neither goalie was severely tested during the game as Luongo made 23 saves while LaBarbera stopped 21 for Phoenix.

Booth, who scored in Vancouver's 5-0 win in Phoenix in November, got the opening goal at 10:40 of the middle frame.

Coyote forward Kyle Chipchura had a puck go off his glove but Booth corralled it at the Coyote blueline and took it to the net.

The speedy Canucks winger shielded the puck from Yandle as he skated in on LaBarbera and slid it past the goalie and inside the far post while falling to the ice. Kesler earned an assist on the goal.

The Coyotes had opened the scoring in the first eight minutes in each of their last four games but the clubs played a listless first period in which Phoenix outshot the Canucks 9-4.

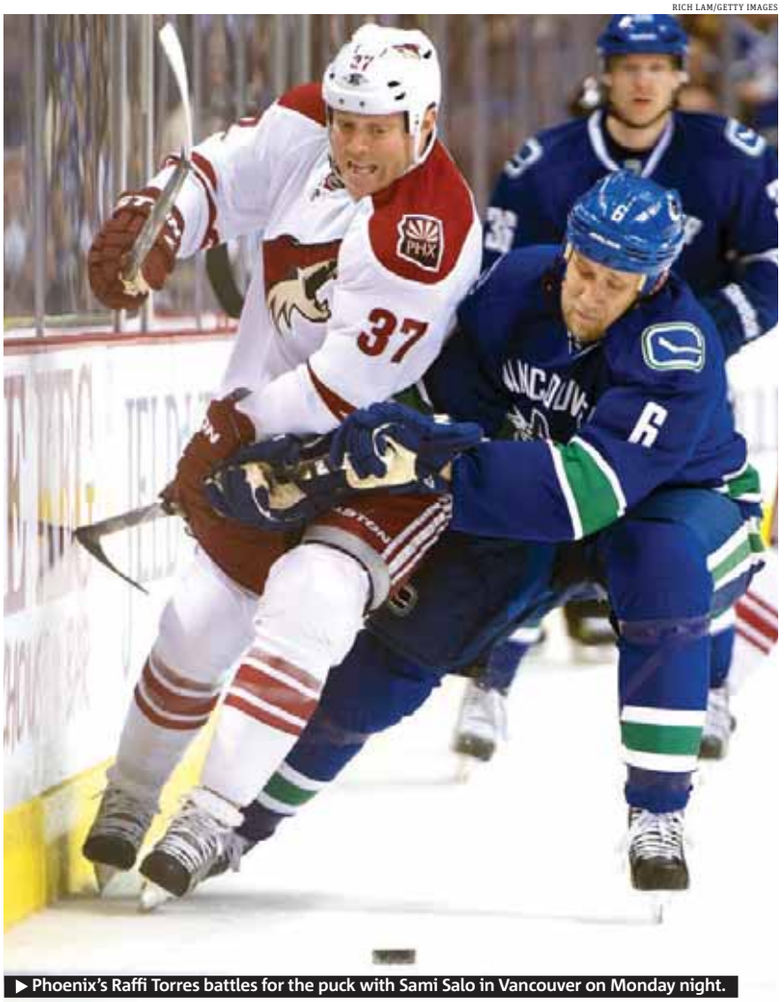
Vancouver didn't get a shot on LaBarbera, a native of suburban Burnaby, until 9:31 of the first even though the Coyotes had to kill back-to-back minor penalties. THE CANADIAN PRESS

CANUCKS	COYOTES
2	1

8th

Monday was the eighth time in the last 10 games that the Canucks were taken beyond 60 minutes and their fourth shootout win in seven tries during that span.

RICH LAM/GETTY IMAGES



▶ Phoenix's Raffi Torres battles for the puck with Sami Salo in Vancouver on Monday night.

Moss plans return to football

Randy Moss once said, "I play when I want to play."

Six months after retiring, the veteran NFL wide receiver wants to play again.

Moss announced on a webchat Monday — his 35th birthday — that he's planning a comeback.

His agent, Joel Segal, wouldn't go into his client's available options.

"Randy and I have discussed it," Segal said of Moss coming out of retirement. "He still has his fire and he's looking forward to playing football. He's excited."

JIM MCISAAC/GETTY IMAGES FILE

▶ Randy Moss with the Vikings in October 2010.

Moss posted on his Twitter page: "Now back to biz!! There's good an bad an u have to b ready for both! its in gods hand now."

Moss retired last August, compiling 14,858 receiving yards and 153 touchdowns in 13 seasons.

He last played in 2010, getting traded by the New England Patriots to the Minnesota Vikings before finishing in Tennessee. Moss had career lows of 28 catches for 393 yards in 2010. THE ASSOCIATED PRESS

Sports in brief

Ortiz strikes deal with Sox

MLB. David Ortiz and the Boston Red Sox avoided salary arbitration by agreeing Monday to a one-year contract worth more than $14.5 million US.

The deal was midway between the $16.5 million he asked for last month and the $12.65 million submitted by Boston, which matched his 2011 salary. THE ASSOCIATED PRESS

Flyers' Rinaldo gets 2-game ban

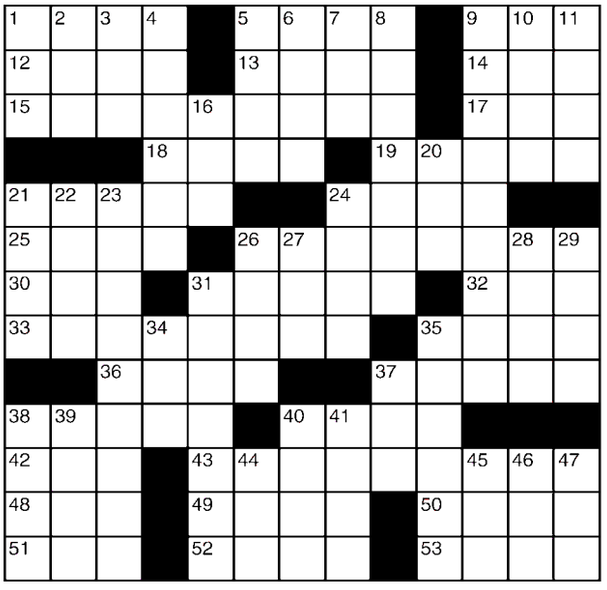
NHL. Philadelphia forward Zac Rinaldo was suspended by the NHL for two games on Monday for charging Detroit Red Wings defenceman Jonathan Ericsson. Rinaldo jumped into a body check that sent Ericsson to the ice in Detroit's 4-3 win over the Flyers on Sunday. THE CANADIAN PRESS

4 sports

More sports

THE B.C. LIONS ANNOUNCED MONDAY THAT RUNNING BACK JAMALL LEE HAS RETIRED AFTER JUST THREE CFL SEASONS. THE 24-YEAR-OLD FROM NEW WESTMINSTER, AND THIRD-OVERALL PICK IN THE 2009 CFL DRAFT, APPEARED IN 32 GAMES WITH THE LIONS. THE CANADIAN PRESS

Crossword



Across

1 Mexican peninsula
5 Mussolini's title
9 Scoundrel
12 Culture medium
13 Composer Khachaturian
14 Past
15 Tea party guest
17 Regret
18 Corridor
19 Indy 500 entrant
21 Sorts
24 Conk on the noggin
25 Frost
26 Guaranteed to work
30 Bobby of hockey fame
31 Technophiles' magazine
32 Blue
33 Comfy chair
35 Existed
36 Female red deer
37 Pyromaniac's crime
38 Packing heat
40 Sagacious
42 Spelling contest
43 Some "USA Today" illustrations
48 Crib
49 Sheltered
50 Grand
51 Pismire
52 Pentagon VIPs
53 Barrel part

Down

1 Emeril's interjection
2 — Khan
3 It holds the mayo
4 William Tell, notably
5 Willy Wonka's creator
6 Caspian feeder
7 Automobile
8 May birthstone
9 Movie action scenes, often
10 Chills and fever
11 Active one
16 Owns
20 Donkey
21 Explorer Heyerdahl
22 Bygone times
23 Old paper
24 Coffin stand
26 Locate
27 100 square meters
28 Gambling game
29 Paradise
31 Talkative one
34 Falsehood
35 Christmas door decoration
37 Blond shade
38 "Waterloo" quartet
39 Check
40 Small songbird
41 Chills
44 Hearty quaff
45 Pi follower
46 Overly
47 Dine

▶ Monday's answer

S	E	W	S	■	E	A	R	■	G	A	S	P		
O	R	A	T	O	R	I	O	■	O	N	T	O		
S	A	G	A	M	O	R	E	■	O	N	E	S		
■	■	■	Y	E	S	■	N	E	G	A	T	E		
R	A	V	E	N	■	O	T	T	O	■	■	■		
A	G	E	D	■	T	A	G	A	L	O	G	■		
N	O	R	■	M	O	S	E	S	■	B	A	A		
■	G	A	G	A	R	I	N	■	C	O	G	S		
■	■	■	R	A	M	S	■	W	R	E	A	K		
R	E	G	I	M	E	■	O	H	O	■	■	■		
I	D	O	L	■	N	A	G	A	S	A	K	I		
G	I	R	L	■	T	R	E	M	B	L	E	D		
S	T	Y	E	■	S	E	E	■	Y	E	N	S		

Sudoku

				8		2	9	7
		4						3
	5				6		1	
			5			6		
8	6		7		2		5	1
		1			8			
	9		3				2	
6						7		
3	4	2		5				

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Monday's answer ▶

4	1	8	6	2	3	5	9	7
6	5	2	1	7	9	4	3	8
9	7	3	8	4	5	1	2	6
3	4	6	9	1	2	7	8	5
2	8	5	7	6	4	3	1	9
7	9	1	5	3	8	2	6	4
8	2	9	3	5	7	6	4	1
5	6	4	2	8	1	9	7	3
1	3	7	4	9	6	8	5	2

Send a KISS

You can now post your kiss, and read even more kisses, at metronews.ca/kiss.

Meaghan
You make me happy everyday, I am lucky to have you in my life. I love you more everyday and want to spend rest of my life with you xoxoxoxoxoxo
AJ

Furnace Man
You make me laugh. You melt my heart. I've got the hots for you. Now get over here and kiss me.
ICE QUEEN

R-my first love
Hi, Just wanted to say I love you and always will. Even if things didn't work out as planned, you will always be my first love and no one will be able to replace that! I will think of you every day and hope that you will not forget what we shared together...I will love you always and I truly wish you the best..thanks for 6 great years of my life xoxo
S

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20
It's not that you've lost your edge, it's just that you can't be bothered to argue about trivialities.

♉ Taurus April 21-May 21
Try not to identify too strongly with one particular point of view today.

♊ Gemini May 22-June 21
Someone who has not put nearly as much time and effort into a project will get most of the praise today and, of course, you won't be happy about it.

♋ Cancer June 22-July 22 You may be the centre of attention but don't let it turn your head.

♌ Leo July 23-Aug.23
You have done so many favours for so many people that you have probably lost track of them all, but they have not forgotten and over the next few days others will find ways to repay you.

♍ Virgo Aug. 24- Sept. 22
Be careful others don't take advantage of your laidback attitude today. You'll care if it costs you money.

♎ Libra Sept. 23-Oct. 23
Something is confusing you and the more you try to make sense of it the less you understand.

♏ Scorpio Oct. 24-Nov. 22
If you don't know the answer to something then ask someone who does.

♐ Sagittarius Nov. 23-Dec. 21 Take your time today and try to avoid situations where you don't have full control over what is going on around you.

♑ Capricorn Dec. 22-Jan. 20
The more you reach out the more love you'll let in.

♒ Aquarius Jan. 21-Feb. 18
Focus on your long-term goals and don't allow yourself to be distracted by passing fancies.

♓ Pisces Feb. 19-March 20 Even if you are the kind of Pisces who tends to hold grudges you will be very forgiving today.

SALLY BROMPTON

Caption contest

ARNO BALZARINI/THE ASSOCIATED PRESS

ARNO BALZARINI/ THE ASSOCIATED PRESS

WIN!

You write it!

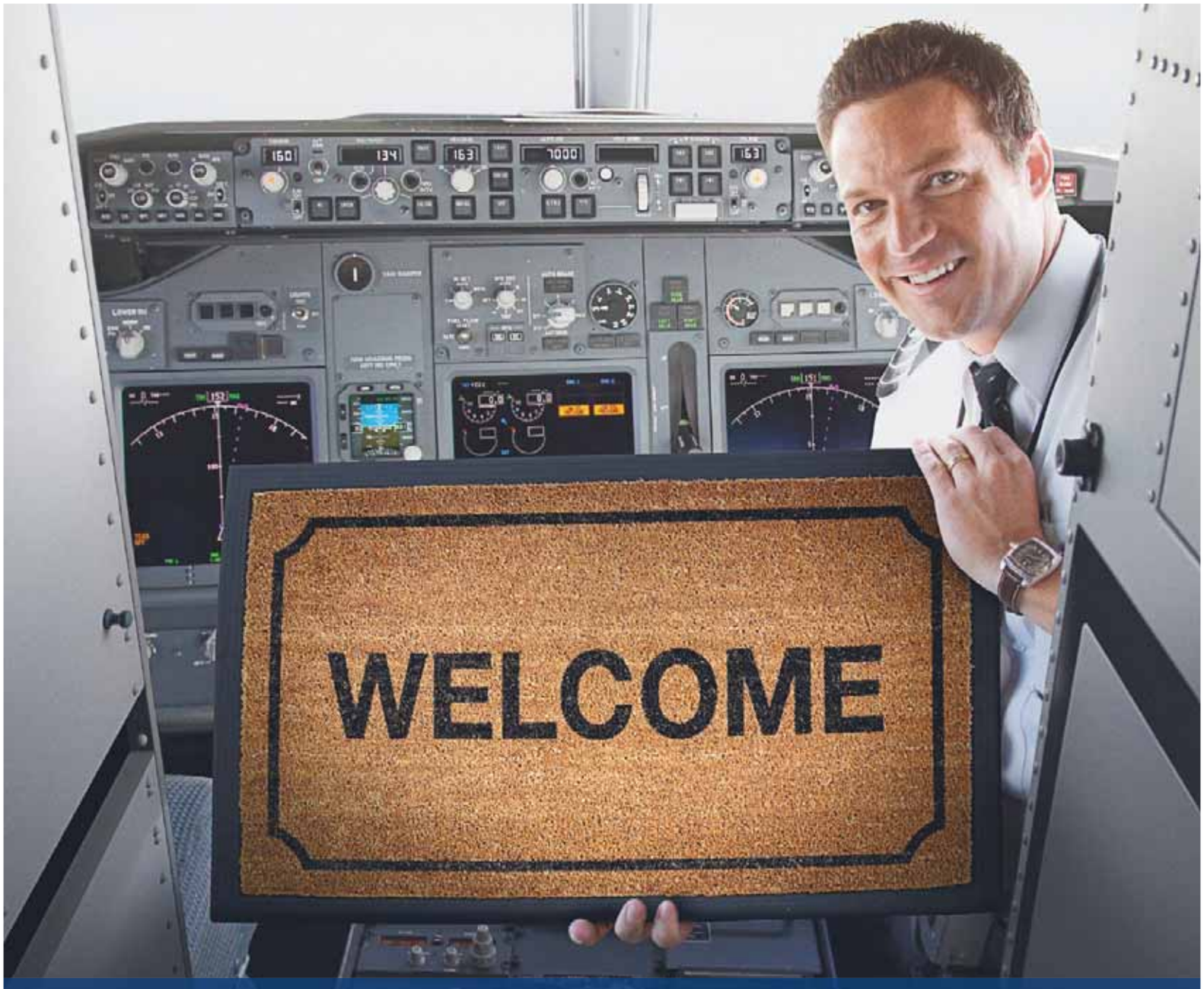
Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in Tuesday's Metro.

FLIGHT CENTRE Unbeatable

Las Vegas Air + 3 Nights
from $179* + taxes & fees $52
INCLUDES airfare from Bellingham and accom on the Strip.
1 866 519 5111 | flightcentre.ca

*Conditions apply. *Ex: Bellingham. Package price is per person, based on double occupancy for total length of stay. Price is for select departure dates and are accurate and subject to availability at advertising deadline, errors and omissions excepted, and subject to change. Taxes & fees include transportation related fees, GST/HST and fuel supplements and are approximate and subject to change. BC REG: #HO2790*

Do your resolutions include finding a new career?
Explore what you want to be and how to get there.
Visit CareerBear.com to learn more



Join WestJet Rewards.

We'll even put $50 WestJet dollars® under the welcome mat for you.*

Here's a bonus to make your welcome even sweeter: simply enrol in WestJet Rewards and take any WestJet flight before March 31, 2012 and you'll get a bonus of $50 WestJet dollars.®* Not points, dollars. Dollars you can use to give your travel wallet a welcome break.

Visit westjet.com/rewards today and see why it's definitely not business as usual.

WESTJET

BECAUSE OWNERS CARE

*To qualify for this bonus offer, you must enrol in WestJet Rewards and book and fly a minimum of one WestJet flight between February 9 and March 31, 2012. Enrolment in WestJet Rewards prior to flight date is required and the 9-digit WestJet ID assigned at time of enrolment must be included on the booking. This offer is valid with the purchase of any published fare of a regularly scheduled flight marketed by WestJet. WestJet Vacations bookings, group bookings and partner-marketed flights are not eligible for this offer. Please allow up to 30 days after travel is completed for the bonus to be processed to your account. Limit of one bonus per member. Offer valid for new WestJet Rewards members only; not valid for members enrolled prior to February 9, 2012. Bonus WestJet dollars have no cash value and are subject to current program terms and conditions. For more information on WestJet Rewards, including how to join, visit westjet.com/rewards. Offer is subject to change without notice. ® Trademark of WestJet Airlines Ltd.

WELC